Time to Heal Transcripts

Episode 01:

[Music]

PAM:
Welcome everyone to Time to Heal. My name is Pam Hemphill and I'll be your host tonight. On this show we bring you the dark side of addiction to a whole new life by promoting with you Recovery Solutions. Today our discussion is going to be on the excuses we use to drinking news again.(...) So today I invited three guests who are in recovery. They're here to share their stories with you. And how they too have used excuses to keep drinking and using in their lifetime.(...) And what they're doing now in order to stay clean and sober. On my show today I have Tracy who was born with a physical handicap. But despite her physical problems she's clean and sober over 22 months. Is that correct?

TRACY:
Correct, Pam.

PAM:
And Monty who is a recovering veteran with over three years sobriety. And Sean who has just celebrated his 19th year sobriety. Happy birthday Sean.

SEAN:
Thank you, Pam.

PAM:
First I want to start off by sharing. You know when I first came into recovery this person said to me, “You know Pam, if you keep drinking and using there's three things that could happen: You're going to die, go insane, or you can go to prison.”

“And if I was you, if there's a good reason to drink and use what are you giving me a call? I'll go with you.” And I thought to myself that's strange. You're going to go with me? And I thought about it. What would be a good reason to drink and use?

Actually there is a duty.

You know, but to psychiatrists, to doctors, social workers and family members they don't understand us. They say, “What is wrong with them?”

“Why would they go back out and drink and use? They've lost their kids, they've been to prison.”

One guy I knew lost his leg and his eye and he still went back out.

But for us it's not a mystery. We know why we drink and use.

And in the recovery program they share with us that we have to come to believe that a power greater than ourselves can restore us to sanity. So what does that mean, restore us to sanity?

PAM:
And for our viewers, for those out there, what that means and for myself is those thoughts that happen right before I picked up that first drink.

So what's going on in the mind of an alcoholic? So today I'd like for you, I guess, to share with me what was going on in your mind and maybe a little bit of story of your drinking and using history. I'd like to start off with you, Monty. Are you an alcoholic or a drug addict?

MONTY:
Thank you, Pam. Yes, I am an alcoholic for three years.

I've been in and out of various 12-step programs and being a veteran—and I would like to thank the veterans today for filming this on Armed Forces Day—and because of you veterans, you gave us the freedom to do what we're doing today.

Being in and out of the service, it was very easy for me to be three months sober, because I'd go to sea for three months and I couldn't pick up a drink.

But when I came back, I justified it by, well, I can be like one of the guys.

One won't hurt, right?

I'm not an alcoholic. I've had no drink for three months, so I can get a beer. And I'd pick it up. And my disease, my alcoholism progressed each time it got worse, each time I went into a point that was what I called the garbage.

PAM:
Monty, how old were you when you first started drinking?

MONTY:
My first drink I picked up was when I was 15 years old.

PAM:
Fifteen.

MONTY:
But that was more of an experimentation. I was in high school.(...) I was sort of a shy kid, so I didn't regularly pick it up. But coming from where I came from when I came into the Navy, the drinking age where I was stationed was 18, and I found this magic.

PAM:
And so did you experience blackouts? Did you get in trouble? Did you ever go to jail for drinking?

MONTY:
Yes. At 18, like I said, I picked up the drink.

At 22, I knew at that point I had already crossed the line of alcoholism. I had blackout drugs. I was arrested for a DUI in a blackout on I-95 from Connecticut to Boston.

MONTY:
And that has progressed over the years until I came into the Navy.

PAM:
Did you ever think to yourself that you could kill somebody while you were drinking and driving? Did that ever come to your mind?

MONTY:
No.

PAM:
Why?

MONTY:
No. It was the insane thought that I needed to get home. I needed to be somewhere else. Or I can handle my driving. There were various numbers of justifications, but it was all selfish. I didn't look at the other person, the other family on I-95 going home from whatever. No, it was just my selfishness.

PAM:
And that's one of the key defects of us, alcoholics and addicts. We're very self-centered.

MONTY:
Yes, ma'am.

PAM:
Tracy, I see that you're laughing. Are you identifying with him?

TRACY:
Oh, very much, Pam. Very much.

PAM:
Share with us. Look at your story.

TRACY:
I started drinking. Well, the first time I drank, I was 12.

(...)

12 years old? Correct. Wow, that's young. That was my very first drunk, and I did get drunk.(...) And I do want to share that I believe that I was in a very alcoholic home. I grew up seeing you drink when you're happy, you drink when you're sad, you drink, you drink.

(...)

Because you didn't have to have excuses in your family. It was just a way of life. Correct.(...) Correct.(...) So when I drank in age 12 with a girlfriend,(...) my mother had been out looking for me.

(...)

And she got very angry at me, very angry, when she found out that I drank.

(...)

And they confused me for many years. They what? That confused me. They confused you. For many years, because I mean, she drank. Oh, okay, your parents were always upset that you were leaving when you got drunk. They confused you why they were upset at you? Correct. They were drinking, too. Correct. My mother, my dad, didn't have a father at that time. Now, can you tell our viewers a little bit about your medical condition?(...) Yes, I was born with a very slight case of cerebral palsy. Now, you had this when you first started drinking when you were 12, right? Yeah, I'd have now. This is part of your reason that when you started, you wanted to feel better around people or what?(...) Well, it didn't rest in the US at PAM because the first time that I drank, I noticed that it took the cerebral palsy away. Oh, really? Yes. You mean the thoughts of having it or that physical? Yes.(...) Well,(...) it helped physically.

(...)

Physically, so you could talk better. Yes. Yes, and my hand worked better. Oh. I mean, you know... Just more relaxed all over. Correct PAM.(...) Correct. Okay, so now you were raised with an alcoholic, mother, and father. I...(...) Mother. Did you use drugs? Mother. I'm sorry, mother. And so did you use drugs during your adolescence? I...(...) It didn't rest in the net. I was sober at one time for 12 years. For 12 years? Yes. How did you get sober? What happened there?

(...)

Were you cornered or... Yes and no. I put myself through treatment. I given up my first child,(...) and I seen the pattern of my mother, and I put myself in treatment.

(...)

And I actually had already been through three treatments by the time I was 22. You mean three treatment centers? Correct.(...) Correct. And yes, at one time I was corordered. I wound up with two hit runs and three D-Rides. Do you remember what your excuses for drinking and using at that time? And going back out. After you've done treatment, what did you say to yourself? I mean, you've been through treatment, you had all this knowledge. What was going on in your mind?

(...)

I believed with all that knowledge that I could succumb.

(...)

And you were different? Correct.

(...)

I really believe that with having all that knowledge that I wouldn't pass that line that I was calling.(...) How about we pass?

(...)

Always. The insanity of that first group? Correct. Well, thank you, Tracy. I'm going to just go over here now to Shawn for a moment. Shawn, will you show us a little bit? Did you identify with these two? Oh, yes. The insanity of the first drink? A lot, Pam.

(...)

Yeah, I came from an alcoholic home just like Tracy did, and both parents drank. And that was the only life we knew growing up. I started drinking when I was 12. I started sneaking alcohol out of my dad's bar in the back. We had a pool table and a bar in the back edition. You were very young, too, just like Tracy.

(...)

Yeah.(...) And so that, it was out of control from the gate. I remember the first time I had a 12 pack with my friends, I was totally drunk. And I think I got sick the second time. And we used to sit out in front of the grocery stores and try to get people to buy liquor for us. So it started out that way. And I started out drinking right out of the gate pretty hard.(...) There was no, like, maybe I'll have a couple. I've never really related to I'll have a couple. Did you experiment with drugs? Oh, yeah.

(...)

Yeah, I did, Pam. The drugs,(...) I went through a phase with drugs. It was kind of like almost like a sub way of getting messed up. But alcohol was my main source. So what happened at 18?

(...)

Well, at 18, by the time I was 18, I had five DUIs,(...) three times by the same cop on the same corner in the same town. You're serious? No, really. The same cop? Yeah, the same police officer five times. Why was he letting you get away with this? Five times? Yeah, and back then, they just, they smacked your hand, basically. Back in what years were we talking about? We're talking about right around 1982, I think is when they started happening. And legally, they would just kind of slap your hand and send you down the road with a fine, you know. And I've always told people that if I had the five DUIs today that I had back then, I'd be in prison probably. Oh, yeah, you would. Yeah. What would the judge say to you?(...) The judge told me that if I get a sixth one, I'm going to go to prison.(...) Did that defer you? No. Say, whoa, I better stop drinking. Not at all. Actually, I ran away from home and joined the United States Army. Oh, there you go. That's a good idea. Yeah. Join the service, that would cure us. Yeah.

(...)

And that was, so that was three years of a drunk, basically. It got so bad, I had ulcers, and I was drinking on top of that. And so I would have maylocks in the morning, eat breakfast, and then drink whiskey at night and party. So what service did you join? I was in the United States Army. Was there any consequences during that time? Did you get in any trouble there? Well, I got into a couple altercations. I had to go before the battery commander a couple times. Do you all call with me? Yes. Yeah, they were always related. And then what happened? I got out of the military and continued drinking.(...) What were your excuses? I don't know. I really never thought of any real--I had a lot of problems with my parents, I think. I had a lot of pain around all that, and my grandmother passed away, and I stayed drunk behind that excuse for a long time. But I never dealt with it. I never grieved it, so I just hung on to the grief and continued to drink. It was kind of like I milked it. Interesting story. So you spent--you told me earlier that

you spent about eight years going to meetings, getting sober, getting drunk, finally went to treatment, got into recovery. Yeah. Now you have 19 years. That is just--that's awesome. It's a miracle. Yeah. How do you do this? One day at a time, and I--(...) I just noticed that. Yeah. What is that? Well, Pam, I wear this just to remind me, because I got a quick forgetter. What did you say for the audience? It says one day at a time.

(...)

So when you start thinking ahead? Yes. What do you do? Well, yeah, that's what they say to do. You don't stick it around your-- No.

(...)

But no, Pam, I--it's--but I think it's a good reminder, and one of the things-- one of the things is, too, to be patient with progress. I think it took a long time for me to get messed up emotionally. You know, we talk about emotional recovery. I think it takes a time to heal from all that. Oh, yeah. You know? Yes.

(...)

Years for some of us. But it does get better. Yeah. Monte, you identify with Sean. Tell us a little bit about your recovery. What motivated you to get into recovery? What happened? Right. Thank you, Pam.

(...)

From being Army, I'm being Navy. We won't talk about the Toto game.(...) [laughter]

(...)

My story is similar to Sean's. When I got in the Navy, like I said, I started picking up the birthday team by the 22--by the age of 22, I was a full-blown alcoholic.

(...)

I didn't want to admit it.

(...)

Well, how often were you drinking? I-- Money. Full-blown. What does that mean? Drinking every day? Well, when I was in port,(...) yes, it was every day. It was every day going to the enlisted MIMS Club, or buying some beer at the commissary, or that. Yeah, it was every day.

(...)

Of course, if I had school or something, right,(...) priorities early on were to get through school.

(...)

I remember my first time I got in trouble, the Navy's idea was, "Okay, you need some awareness training." So I went to this Navy Alcohol Action Safety Program thing, right? And I completed it, but my disease told

me, "Well,(...) I'm going to have--I'll be at this place again." It already had told me that. So part of my denial was to become a counselor for that. So I went through there, facilitators. Really?(...) So I--

(...)

[laughter] So I had that in the record. He's a full-fledged facility group that can teach the sailors how not to get in trouble while drinking. How to not get in trouble while drinking? Basically, that was what that was. Okay. Just stay home all day, I guess, and lock yourself in a closet.

(...)

[coughing] Say no, don't--just say no drugs. We have zero tolerance. That doesn't work. Right? Don't drink and drive.(...) We know that. I was still doing that. I had--in my career, I've had at least eight convicted DUIs.(...) Right?

(...)

So the denial there,(...) I was in two outpatient treatments while in the service, in a six-week inpatient at the Charleston Naval Station. Right?

(...)

After that, I had enough sobriety to allow them to let me stay in. I retired from the Navy.

(...)

I stayed sober about a year.

(...)

A geographical cure came. The Navy sent me to Janger.(...) The idea that I could drink like somebody else, like my friends and stuff overpowered me. And I was off and running again.

(...)

So we've heard about you drinking. I want to share with us the recovery. What are you doing now in recovery to not have these excuses to go back out?(...) Well, there had to come a point that--a point that I have to change. I was just tired. I was tired.(...) And I had to find something greater than me because I know and I knew in the bottom of my heart I could not stop on the day.(...) So you knew that you could come up with excuses. And there was going to always be something that you could say, "Oh, I can drink. I can use again." And you turned yourself over to a power greater than yourself. So today, Monty,(...) what do you do to not take that first drink today? What are you doing? Today, I pray and I have something greater than me, which I call God. I pray. I turn my life over to Him. I meditate and I say, "I'm going to start my day with a smile and I'm going to do the right thing just for today." And Tracey, is that--what are you--similar? Yes. You do the same thing.

(...)

You know, it's funny.(...) When I got up this morning, I couldn't find the remote to my TV and I thought I had dropped it and it was under my bed, so I had to get down on my knees, right? And it's like 6.20 and I normally don't check in that early.(...) And I just started laughing and I thought,(...) "Okay,(...) my creator,(...) sometimes I have a hard time with the word God.

(...)

I even sometimes refer to who are here as Josepe, it kind of might take, you know-- Yeah, I have a program. They say, "Be your own understanding." Correct. And what you call it doesn't matter. Yeah. A good early-direction group of drugs. I've heard that before. Correct. And you got on your knees and prayed. Yeah, and I'm glad that we're having me on the radio. I'm glad that--and I say, "Hey, I'm going to be the other person.

(...)

Keep me clean and subverted."

(...)

Wonderful. "Keep me."

(...)

And thank you.(...) Marnie, I don't want to forget, what are those little bracelets you have on your arm? Well, the blue one, it's in veterans' homes, I'm a vet, and I do do a lot of work with the vets.(...) And the other thing,(...) and it's so true, I've got better things to do than drugs. Oh, I like that one. I've got a better life. I've got a better relationship with my family. I have better friends. Yes, I do have better things to do than drugs now.

(...)

Yeah, you sure do. There's too much to do nowadays. I'm so busy, they said, "You don't be bored." I thought I'd be bored not drinking. Now I don't know. I'm too busy. Sean, do you want to share with our viewers what recovery has been like for you and what are the tools that you're using to stay sober?(...) Well, Pam-- Do you hear yourself coming up with an excuse to drink and use? What would you do?

(...)

Pam, I just basically--I think the thing for me is the experience of being sober one day at a time, as long as I've been sober. I feel like every excuse that I might have come up or could have come up with has been removed as I've stayed sober. I went through a marriage and a divorce. I lost a friend that had 12 years in the program who went back out. My sponsor passed away. My second sponsor passed away when I had three and a half years of sobriety. I had another friend that went out when I was six months sober that started slamming heroin again. He was pretty solid in the program.

(...)

What I get out of the whole process is that it's unconditional recovery. That means good or bad, we stay sober one day at a time.(...) Life is full of pain.

(...)

At times, in one of our 12-step books that we read,(...) there's a part in there about that is life. Things happen in life.(...) We're never really prepared for them, but we have this all-powerful, loving father that will guide us and help us work through these issues. When we get into these valleys, he'll lift us back up. If we're just patient with ourselves in our own growth process.(...) That's one of the things that I've really hung on to.

(...)

It's amazing when you've weathered some storms,(...) you're able to share and give back to other people that may be going through those same things.

(...)

They need to know the newcomers and the people that are new in this process need to know that there's a way out and that they can stay sober regardless of anyone or anything.

(...)

Thank you so much, John. That is so true. One day at a time. We need to wind up our show today, but before we go, is there anything any of you would like to share quickly with our audience before we?

(...)

Pam, I mentioned that during my drinking career, I had given up my first born.

(...)

You've given up your first born? Yes, and because of my sobriety, I had given up my life. You have him back in your life? Correct. Oh. With two beautiful granddaughter.

(...)

Oh, that's wonderful.(...) See the gifts of recovery. Correct.

(...)

Monty, something you'd like to say to our viewers quickly before we? Quick, change your thinking, change your life.

(...)

Mmm.

(...)

That's a good one, but it's not always that easy to do, you know?

(...)

That's why I have a higher now. Exactly.

(...)

Well, it's time to go, folks.

(...)

First, I want to thank our guests for being here. You're truly miracles and truly a gift to the community.

(...)

Bless you all.

(...)

And I want to thank our viewers for watching our show today, and a special thanks to our friend Monty Meyer of Take 12 Recovery Radio in Albany, Oregon, for all his support.

(...)

If you've enjoyed our show and you would like to keep it going, please send your donations to TVCTV here in Boise, Idaho, here of Time to Heal.

(...)

Also, if you have some, if you or someone you love has an addiction problem, please feel free to call us at steps 208-340-3274.

(...)

Please be sure to join our group, Time to Heal, on Facebook or watch our shows on YouTube. And now, our final word to our viewers, don't give up. Your miracle is on the way.

(...)

[music]

(...)

[music]

Episode 02:

[Music]

(...)

Welcome everyone to Time to Heal. I'm Pam Himpfield and I'll be your host. On this show we will bring you the dark side of addiction but to a whole new light by providing you with recovery solutions.(...) Today I have invited Don Tennyson, better known as Chicano Don.(...) Don's going to share with us today the current drug crisis we're having in Idaho.(...) Don, would you like to start off by sharing with our viewers first a little bit about yourself and(...) how you're seeing the drug crisis here in Idaho? Well I've been in the helping profession, primarily addiction now for over 35 years.(...) And so I've watched a lot of drug crises go on over those years, whether it be the cocaine crisis back in the day and then we've moved on to various different crises. The last one we've really gone through that most people know about in Idaho is the methamphetamine crisis and we spent thousands upon thousands of dollars combating that crisis.

(...)

Well what I think a lot of people are afraid to say out loud is the methamphetamine crisis is over but there's a new crisis that's even bigger in Idaho than the methamphetamine crisis and that's the opiate abuse crisis. The opiate abuse and addiction crisis is bigger and will be a lot bigger than the methamphetamine crisis ever was. What's contributing to this crisis? Well one of the things that contributes to it is prescription medication,(...) painkillers.

(...)

The medical community uses medications. We have medications that are so good today and pain medications are one of those medications that are very good. Oxycontin is one of the primary pain medications utilized in the medical profession. A very good medication to combat pain, people with chronic pain. But I want you to understand that oxycontin is a pharmaceutical of heroin. It's even better than heroin and we all know from back in the day how addictive heroin is. Oxy is more addictive than heroin. Would keep your shoot up oxycontin? They do. They'll crush it up and turn it into a solution and mainline it. Put it in a syringe and stick that needle in their arm just like you would heroin.(...) It's not uncommon for kids to snort oxycontin. They crush it up into a fine powder and snort it like you would cocaine because you get a quicker rush and you get a more

(...)

impact of the high itself and rather than just swallowing the pills. So would that create the overdoses by how many pills would they be using? Yes, they can cause overdose for some.

(...)

Overdose is a huge problem in America today. It has surpassed fatal car accidents in America.(...) Now a lot of people don't realize that we have more people dying from the overdose of heroin and other pain substances or pain medications than fatal car accidents are causing. And how long has this been happening? This has been going on for a long time. Now if you think about it and you pay attention to current news, the media has been talking about celebrities.

(...)

The Michael Jackson and Seymour was one of the latest celebrity movie stars that has overdosed from those types of medications and drug abuses. And so it shows up on the media, but we don't see it in our own backyard or talk about it enough in our own backyard. And it happens here in Boise. I know of various cases where people have overdosed.(...) One of the ways that they overdose is accidentally.

(...)

You build a tolerance to opiate addiction and then you get some help or you quit for whatever reason or you get locked up in jail. You've built that tolerance to that drug. You get out after going to severe withdrawal while being locked up, you get out and you think you can use the same amount.(...) Your tolerance has lowered since you stopped using and you use this amount that's higher than your tolerance and it causes overdose. Overdose. So again,(...) overdose from heroin and other opiate drugs has surpassed fatal car accidents in America. Yeah, you'd mention this to me and I was really surprised because I haven't heard anything about it in the media. Why do you think that is? Well, again, if it's a celebrity, you hear about it. If it's in our backyard, we're not talking about it. You know, again, I think a lot of people are still focused on the methamphetamine crisis, which is really over. I started a clinic about five years ago called Raise the Bottom to combat opiate addiction in the Boise area. Within five years, I've had 300 patients. I have 300 plus patients in that clinic within five years and they're all hardcore opiate addicts using what we call MAT treatment. It's a modality to help combat that kind of addiction. It uses medication because it's the withdrawal what the patients call dope sick that causes them to use again. So we use medicine the same way you would combat high blood pressure. Right. Or combat heart disease or diabetes.(...) You use medications to combat those illnesses.

(...)

And we use medication to combat the addiction to opiate drugs because the(...) addiction is so powerful. I had a patient listen to this, Pam. It's an explanation that says it all.(...) She was not your typical run of the mill addict.(...) This was a middle class mom professional

(...)

who picked up an addiction to opiate drugs, was losing control, destroying her life and sought out help with us.(...) In my conversations with her, knowing that she didn't look like a typical what I would stereotype as a addict, I said, so what is it about the oxy and the heroin that you use? What did it do for you? And she explained to me that she's a born again Christian. And she said, the reason I'm telling you I'm a born again Christian is because I want you to understand how much Jesus means to us. The reason I'm telling you that, Don, is I want you to imagine Jesus Christ coming down to earth and giving you a kiss on the cheek.(...) Nothing feels better than that.(...) And she said that's what heroin did for her. Nothing feels better.(...) Now, that's a pretty yes, a pretty good example of how powerful that addiction is. I've never heard it described. I've never heard that example either.(...) So we use the medication to curve the withdrawal, to stop the withdrawal.(...) There are medications that are used that are common in combating opiate addiction. Methadone is one of the oldest. It's been around for years and years. It's been used for years and years. And it has a very good success rate.(...) It's been studied more than aspirin.

(...)

It has more research behind it than most medications. Remember, methadone's been around for years being used to help. It started out being used in New York back in the heroin days to help heroin addicts. Has a long history of success, but it has a bad reputation. I was just going to ask you about that because in the recovering community, you know how they share. Well, if you're on methadone, you're not clean and sober. I must confess, I'm one of those people. I remember going to an AA meeting and a lady coming in and saying, I'm doing so much better now that I've got a prescription for Prozac. Back in the day when Prozac was popular, and I just went off on her and started saying, well, you're not in recovery and you're not drug free. Embarrassing her, tearing her down at meeting level, which I had no right to do. But I did that all puffed up with the abstinence kind of concept. You didn't have the information you had. I did. I was ignorant.(...) And I'll fast forward.

(...)

You know, I felt that way about methadone, where I knew patients that were on methadone coming into an AA meeting, I felt they weren't drug free because I had bought into that concept or substituting one drug for another.(...) Not realizing it's medication.(...) I have to take medication for heart disease.(...) Some people have to take medication to help them overcome. If you talk to any patient,

(...)

you know, 90% of them, if not 100, that are in a methadone clinic and ask them what they think about methadone. And they'll say over and over, methadone saved my life.(...) And I hear that all the time.(...) They'll come into our clinic and they'll be what's called dope sick, like a heroin addict. And this is an addiction to oxy.(...) And they'll be dope sick. And they'll just like a junkie say, please help me. And the doctor and I will evaluate them. And then if we determine that it's safe for them to take methadone, they'll get their first dose.(...) Then within one, two days at the most, they feel normal in their own words. Do any of them have to be in it, put in the hospital? Sometimes. Sometimes there are people that need to be in a medical setting like a hospital. But most can start the medication.(...) And within a day or two, they're so grateful. They'll say to me over and over, thank you for giving me my life because they now feel normal again. That must be a nice position to be in. It is very rewarding to watch their life. And watch their light, the lights in their eyes come back on and become productive citizens again. And then after a while, we talk about maybe it's time now that you come off the medication.(...) And so we'll do a withdrawal off the medication.(...) And then one of the most beautiful things you'll ever see is a patient taking his last dose, being so grateful that they have their life back and wanting to tell you that. But I've heard some say that they've had to be on methadone for a very long time. There are. This is why there's a medical process.(...) You have to have a doctor, a nurse, and a therapist involved in what we call the intake.

(...)

In the intake, we're trying to determine many things about this patient.(...) There are criteria that the state and the federal government requires that we follow. For instance, you can't give them methadone if they haven't been abusing opiates longer than a year. Oh, I didn't know that. So they have to have some abuse history. They have to have some addictive history so that we don't cause problems by giving them medication when they're really not ready to take the medication. So you're screening very well. Yes, you have to. There are young people that come into clinics like Raise the Bottom(...) who have been abusing for maybe two years.(...) And they stand a good chance to take methadone or suboxone or Vivitrol, which are other medications, for a year or so and then come off those medications and be drug free and have their life back. You also have what we call old school heroin abusers or people that have been abusing opiates for 30 plus years.(...) They've done so much brain damage that they'll probably need to be on

methadone the rest of their life, like I have to be on cholesterol medication for the rest of my life if I want to live. That's understandable. And so, medicated assisted treatment is more of a medical modern day approach to help modern day junkies with their addiction. At the same time, you individualize it for each person. Yes. Best practice causes us to do counseling treatment plans that are individualized that meets that person's particular needs. The doctor and the nurse are constantly monitoring their dose and then how the dose is working for them so that they can, because sometimes they become the tolerance to the medication grows so they become uncomfortable in withdrawal and we have to up the dose. Other times we have to lower the dose because too much of the medication can cause sleepiness, for example, and people might perceive them as being loaded again because they're kind of getting sleepier in class or at work. So we have to, a good doctor, a good methadone clinic is constantly monitoring the level of their medication.(...) This brings up another question I wanted to ask you. What about for our viewers especially, those are out there and have teenagers under 18. Well, you know, we know that many addicts, opiate addicts today are young people. You know, back in the day when we were dealing with a lot of heroin addicts that were 30 and older, we're now dealing with a lot of opiate addicts that are 30 and younger. I would say that a good 70%(...) of patients that come to raise the bottom for Bow Creek, which is a residential treatment program that I run for opiate addiction too, I'd say that 70% of our admits are 30 years and younger

(...)

and so they keep coming younger and younger and how often, I hear the story is that they started as a teenager feeling medication from their mom or they went to the dentist and got an oxycontin prescription or Norco prescription for the tooth ache after the dentist and became addicted that way or they liked the experience that they had when they took the oxy and so they take a little more and a little more and then they start stealing from grandma's medicine cabinet or mom's medicine cabinet and that's how their addiction began. It's not uncommon to run across an under 18 opiate addict today.

(...)

As far as payment, you know, insurance companies, do they help? Do they pay for this type of treatment? Is there a problem with that at this time?(...) Some insurances pay, some don't.(...) If you go to, it depends on the modality too that you go to. If they come to Bow Creek, for example, that's a residential treatment, if we qualify through medical assessments and clinical assessments(...) to the insurance company that this person needs this level of care and the insurance covers that level of care, then we can get reimbursement for the treatment. In methadone clinics, that can happen too, but it has to be a methadone clinic that's designed to build insurance companies.(...) But if you think about it, if you have a addict who's addicted to like Oxycontin, opiates, they can often have a 100 to 300 dollar a day habit. To go to a methadone clinic, you're talking about 10 to 12 to 15 dollars a day. That includes a doctor, a nurse, a counselor, treatment. That's the best deal in the country.

(...)

10 bucks a day and you get all that? You can't beat that. And here they are spending 100 to 300 a day to fix themselves with their addiction. The reason I brought that up is because a mother called me and her daughter was 17, she couldn't get her help anywhere. There was no way the insurance companies would not pay for it. Yeah, and I'm gonna have to be a little bit radical, Pam, and pick on the state of Idaho a little bit. You know, they will pay that we have a lot of money that's geared to help people that don't have financial funds to get treatment. So what we do is we get them help through the state. Now if you're an

alcoholic, you can go through what they call the gatekeeper, which is an organization called BPA. And they evaluate if you're qualified to get

(...)

assisted funding to go through like a residential treatment program for alcoholism, for methamphetamines, for various addictions. Idaho will not yet pay for methadone treatment. And it's the biggest drug problem we have right now in Idaho.(...) So I'm, you know, a little frustrated with the state. I think we should be. Yeah, and so what we're being biased. We have to educate our government agents. Yes. And there is that bias that you mentioned, that negative image about methadone from government agencies, from police departments. The list goes on, even from treatment providers. There are treatment providers that will try and treat an opiate addict. Yes, that's through abstinence. And it's like, and then if you're in drug court and you have an opiate addiction, you're threatened if you go to a methadone clinic. I had a probation. We've had many patients come to our clinic and say, I'm afraid to tell my probation officer because they'll tell me that if I'm on methadone,(...) that they'll violate me. And I'll say they can't. So what's the message we're giving them? Yeah. What are we saying? Go die? Yeah, you're saying that your addiction is worse and unacceptable.(...) And the medication is, it's a medical approach. And, and it's not up to government agencies to decide if somebody needs medical treatment. That's up to a doctor. That's up to a doctor. So when they and local governments are saying, no, you can't do that type of treatment and, and, and outfits like drug court, then they're the ones that are illegal because they're practicing medicine. That's exactly right. And they don't have the right belief in what I've been saying for years, but they're closed minded to education.(...) You know, the most beautiful thing I ever witnessed is when I was closed minded, watching a young man who had completed his methadone treatment after a couple of years. And he was taking his last dose and he was his whole life had changed. And I see that daily.(...) If you go to traditional treatment centers,(...) what they're constantly dealing with is relapse. Yes. What they're constantly dealing with is trying to control addiction. They're trying to reason with addiction.(...) I people like me know that you can't reason with addiction. But if you use medication with opiate addiction, you know, you're removing(...) the craving and now you don't have to bargain. They're more open to counseling concepts.

(...)

They're more able to receive the message where in traditional treatment, which is old fashioned, now they're still trying to convince you. Yeah. You need to be drug free. You need to not do that.(...) You know, it's very similar with vaping.(...) Yeah. And they even pay in Idaho to help you get quick smoking. Yeah. But go to a mother that just lost her 22 year old daughter from overdose of heroin, oxycontin and tell her why we could not pay for this treatment or help you help your daughter get treatment with methadone. Because if the mother could say, you know, I would have done anything to help my daughter if methadone could have helped her that type of treatment, I would have gotten her in there. Right. I'm sorry. I think about the ones we've lost. Yes. Yes. In 2010, we sold enough painkiller prescriptions to give 242 million people pain medication every day for one month. That's a lot of pills going out. And so your pharmaceutical companies are making a lot of money off these kinds of prescriptions.(...) Bow Creek is another facility that I oversee. I run that program.(...) You know, five years ago, the average admit I had was still half a holocaust or methamphetamine.(...) The average that I have today at Bow Creek is opiate addicts. 75% of the people we admit there are addicted to opiates. You know, I wonder how many people really know this. This is the first I've heard. So if you don't mind, I'd like to mention that if there's anybody out here listening to this,(...) and they feel they need some help, and not sure where to go, they can call raise the bottom, which is an addiction clinic for opiate addiction, and their phone number, they can look it up, raise the bottom, and their phone number is 4330400, area code 208, the Boise facility.(...) And then

Bow Creek is a Boise area facility. It's a residential treatment. We use those approaches to help opiate addicts.(...) And their phone number is area code 2084591883. They can call, and if they want, they can even ask for Chicano Don. And I would be more than happy to return their call and answer any questions. This is a great program you're doing, Pam, because this is a bigger crisis and a bigger problem than the methamphetamine problem.(...) So I thank you for having me. Oh, well thank you, Don. And this is amazing. I just didn't know all this.

(...)

You're a blessing to our community. Thank you. And you're saving a lot of lives.(...) Thank you. And thank you to our viewers for watching our show today.(...) Please be sure to join our group, Time to Heal on Facebook and on YouTube.(...) Our next show is going to be followed up with Chicano Don on the solutions of our current opiate crisis with our guest, John Eric Bailey. If you've enjoyed our show, please feel free to send in your contributions to Treasure Valley Community TV.(...) And for those of you who are still suffering with alcohol and drug problems, don't give up. Your miracle is coming.

(...)

I want a new drug.(...) While the wound made me sick.

(...)

While the wound made me crash my car. And make me feel three feet deep.

(...)

I want a new drive.

(...)

While the wound hit my head.

(...)

While the wound made my mouth too dry. I make my eyes too red.

Episode 03:

[Music]

(...)

Welcome everyone to Time to Heal. My name is Pam Hemphill and I'll be your host. On this show I bring you the dark side of addiction to a whole new light by sharing with you some recovery solutions. Today I've invited two guests, Don Tennyson also known as Chicago Don and Dr. Bailey who is here to share with you solutions on our current opiate crisis.(...) First I want to share with you a little bit about my brother Russell. He was only eight years old and he was hit by a car and all his bones in his body was broken except for one arm and they put him on opiates in order to deal with his physical pain which led him into later to teenage addiction problems with other drugs.(...) Later he got into the army and in the army when he was stationed in Germany he got on heroin.(...) When he was stationed in Fort Lewis he overdosed on opiates and he lost eight minutes of oxygen to his brain which for him he was not able to see or hear after that

(...)

and he has never been able to have a normal life.

(...)

So today Don's going to talk to us about overdosing on opiates and what we can do to prevent death from drugs like heroin.(...) You know Pam I was listening to your story about your brother and really I don't think much has changed. In fact as I mentioned in part one of your show heroin overdose has surpassed fatal car accidents in America. That's a lot of people dying needlessly from overdose and I say needlessly because there are medical approaches that can prevent overdose and we'll have Dr. John Eric Bailey talk about that but I think the problem is still here.(...) I mentioned in in the part one that heroin went underground for a while but because of opiates that are prescribed prescription pain medications heroin has become popular again and there's a big demand for it and it's cheap compared to other opiate drugs so we're seeing this huge spike in America.(...) We hear a lot about it when it's a celebrity but in all of our communities overdose from heroin is there whether it's rural Boise Idaho or New York City and we see it in Boise. I've been fortunate to work with Dr. Bailey who's an addictionologist really has the grasp on addiction and we've worked together when we start when we were working with this clinic beginning stages we ended up with 300 patients within five years in the Boise area that are addicted to opiate and so the problem is here we've seen overdose deaths in our own community and there's a lot that we can do to prevent that. In fact I'm going to suggest that we ask the doctor to talk about a medication that's used(...) to prevent overdose.(...) Thank you. Dr. Bailey would you like to share with us? Thanks for inviting me here.(...) Well I agree with Don wholeheartedly even though we have probably an excessive 300 people in our methadone clinic there's another clinic in town with 200 so but that's not nearly the extent of the problem estimates are that of all the people who would benefit from treatment

(...)

for opiate dependence only 30 percent are being treated in any way at all and so there's a tremendous number of people out there who are struggling with this problem at various stages of admitting that they have an illness that is completely beyond their control.(...) It's our job to try to reach out to these people

and convince them that this is a disease which will lead to progressive losses, deterioration of relationships,(...) financial ruin, unemployment, disease,

(...)

just a complete deterioration of a life that that as Don said is really something that can be treated and people do recover from from this illness and it's our job to try to reach out to people and let them know that life does not have to go on like this.(...) The life of an addict who has deepened this disease is just extremely uncomfortable physically, emotionally, and spiritually if you will and it's been 60 years now the two doctors in New York finally got together and said this this really resembles other diseases that we know you know this is a this is a condition that will cause deterioration if let's untreated it has effects on as I said emotional and physical illness it uh it just has a progressive deterioration and let's treat it like a disease and out of that came the whole concept of what do we do to reduce the amount of harm that this illness is causing on people and that whole concept has now come to be called harm reduction harm reduction

(...)

which in effect is treating the symptoms of ocea dependence with the substituting(...) medication which allows them to get the help they need to really get into recovery in a sustained fashion and go on to live productive lives and so methadone clinics have

(...)

they've proliferated throughout the country but there's still a tremendous amount of

(...)

just bad press bad feelings people don't understand uh they say we're just treating one dangerous drug with another but the fact of the matter is is that using a medication to get people out of opiate withdrawal and allow them to have time to get the support they need and the realization that they have a condition that is beyond their their control that that time is really important just getting off the drugs and not taking them anymore is not the end of the illness it's only the first step and people have to feel strong enough to go on beyond that first step and that's what these different modalities offer now more recently they've come up with another medication called suboxone which a lot of your viewers are probably familiar with which is again a medication that allows people to stop using on an obsessive uh daily getting using hiding uh get them out of withdrawal get them out of physical pain which they there's a tremendous amount of fear attached to withdrawal symptoms good people will go to great lengths to avoid them that's one of the questions i just want to interrupt you just for a minute what's the difference how does a person determine which medication would be best suited for them well we're talking about uh different methods of what's called harm reduction which is not an attempt to cure the illness it's an attempt to bring the illness under control so that people can participate in their own recovery methadone is an opiate it's in the same class of medications as heroin and oxycodone and norcoes and purposes the big difference is this is a medication that stays in your system for two to three days rather than four to six hours like opiates that people use on the street and the ones they become addicted to(...) so rather than having their bodies go through this continuous cycle of off and on up and down sick and well the methadone allows them to stay in a sustained state of no withdrawal symptoms one day to the next will allow them to start to come to grips with their illness and start to do the things that are required to repair it that's been around for about 60 years but about seven or eight years ago another medicine came along which is called suboxone and

it works in a similar fashion it allows people to go without withdrawal symptoms and avoid having to take illicit opiates(...) and gives them a chance to get into counseling to repair problems of their family recoup their finances get out of legal problems all of these things that are associated with opiate addiction

(...)

the it's not considered quite as an intensive treatment as methadone it doesn't require daily clinic visits and ongoing daily supervision and it operates in such a way as overdoses with this medication are very rare and rare unless they're combined with other substances so in that setting they can be dangerous but there's a pretty large of safety with suboxone and once people are stable on this medication they only have to come and visit their doctor to discuss the recovery for every month or so this frees them up from having to go to daily or near daily methadone treatment clinic visits so those are the two major things we use for harm reduction but there are other newer treatments that are being considered now once an addict is finally at the point where they no longer have to take daily opiates what do they do then to further their recovery and to promote their own health there are medications which will negate or completely eliminate the euphoric effects of taking opiates so once somebody is off of opiates and they get onto a medicine called an opiate walker such as naltrexone then they know they have some protection if they have a relapse or a slip and they take an opiate nothing's going to happen they're not going to get high and on the other hand they're not going to get sick however if they have a head full of opiates and then they take this medication they'll be put into immediate withdrawal you may have heard that opiate addicts who come into the emergency room are given a medication called Narcan which completely blocks all the opiates that they're in the midst of overdosing from do we have that available here Boise in the emergency rooms we do we do and in eight different states in this country they are pushing to try to get a consumer ready administration of this medication and this is a wonderful thing that I hope that we're going to be able to see in Idaho at some point in the near future say you have a son or a friend who overdoses in front of you if you have this package you can open it administer this Narcan and wake them up and prevent them from dying from an overdose that would have saved my brother Russell it would have saved your brother Wesley and in the states that that are allowing people to have these they're distributed to family members and to clinics where people might be in danger of overdosing and emergency services in San Francisco which had the biggest program over a space of five years they figured they saved three to three thousand different people from overdose by having these kits these overdose kits in the community another version of this same medication is available for doctors to use to administer the patients who are now off of opiates and want an opportunity to have a safety valve they take this medication every day and it will prevent them from having any euphoric or other effects and as long as they take that medication they're protecting themselves now this is the daily medication and not everybody's a saint sometimes people become non-compliant on their medications as long as you take it every day it works wonderfully if you stop taking it for two or three days you can go back and get high on opiates so that's kind of a limitation so people have tried to work with that idea and they come up with a monthly injection of the same medication then an alveatic who is now free of drugs and out in recovery can go to his doctor once a month receive this injection and protect themselves for an entire month from the effects of opiates and the chance of inadvertent relapse and overdose so meanwhile with their honest medications they'd be seeing you don for treatment yes counseling is a very vital piece doctor insists that if you're involved with him in the mat part that there's a strong can you explain the mat medication assisted treatment that's what dr bailey does but he insists to be involved with him you must be involved in the treatment piece too which is the counseling and and those two processes combined can create success stories and without those two then the chances are slim i agree with that i mean getting off the opiates is only the first part of the treatment it's really important that people get involved in counseling with trained people who have a working knowledge of the ins and outs of substance abuse to try to address the emotional problems that go along you know it would be easy to say that just one part of the brain has to be treated in order to

eliminate opiate dependence but it turns out that over the past five or six years with the beginning use of these things called functional mri scans we can see that it's not just one part of the brain that is affected by opiate dependence there are permanent or very long acting changes in different parts of the brain and

(...)

in order to address the entire problem the counseling has to get involved emotional support

(...)

there's a lot of different aspects including 12 steps too that doctor mentioned a couple doctors this really were the pioneers with this type of modality one of those doctors is the one of the founders of narcotics anonymous and they recognize that including 12 step programs as a support was vital too and so we require that with our patients too that they get involved with n a or any 12 step program and that helps it's a holistic approach can you tell us have you been in recovery yourself i am in recovery i'm very fortunate to be here today

(...)

15 years ago my life was in shambles i was an anesthesiologist in a hospital using from the pharmacy became severely evicted ended up in three different treatment centers before i got the message that i try very hard to impress with people i work with today which is you have an illness you are completely unable to control this illness by will or by fear of loss in your life here you really need help you need to go beyond just stop taking drugs you need to get into a head of recovery and i'm very fortunate that i was able to do that and um i think it gives me some empathy toward people who are struggling with opiates but it also gives me an awareness of how this is a very uh pervasive illness that affects not just the addict but his entire family(...) where he works his relationship to himself all of these things are severely affected by addiction

(...)

and these are not all just skid roll people these are people from all walks of life all socioeconomic levels uh anybody who has had an initial positive effect from taking opiates whether it was getting rid of pain but sometimes just as often an emotional release a moment of quiet a moment of calm a moment of bolstered self-esteem a good feeling that they've been chasing ever since and will never be able to recover and that's a big part of recovery i think as well absolutely Tom do you want to elaborate a little bit more about your treatment and what you offer your counseling services well doc doctor and i are involved with three different modalities and actually doctor is involved in four different modalities he's involved with a mental health clinic that helps with patients dealing with mental health related issues he has a suboxone track you can look dr bailey's name up online and you'll find it and so if you have somebody in your audience that wants to get out of the craziness of addiction they can call dr bailey and make an appointment to see if they're a good fit for what we call the suboxone track he's also the medical director of raise the bottom a methadone clinic in boise he's also the medical director of bow creek which i run you know is a residential treatment program which is one of the few residential programs that's equipped to treat opiate addicts and so doctor's involved with all of those tracks and and we work together and so if anybody in your audience is wondering if they can become free from that craziness i'm telling you you can do it and doctor and i have seen success story after success we can't tell you how many people have come to both of us and say thank you for giving our life back yeah and you know just in my own life story in talking to others in recovery i've known so many that's gone back out there and overdosed and died from heroin they came

you know it come to me and said well i don't need to be on methadone all's i need is the 12-step program and you know we're told not to play doctor in people's lives and so again could you share with those that are struggling with saying to themselves oh i'm not in recovery i'm on methadone or i'm on other medications and just what a myth that is and that this is part of recovery well i i want to uh i appreciate you bringing that up uh there is help for people who are struggling with this uh it's a terrible realization to realize your life is running away with you and you have no control over the consequences um it's a shame in this country that only one third of people who feel they need treatment are able to afford or have access to it and that's still a problem that we're struggling with but i encourage you to to reach out and ask for help sometimes the most difficult part is admitting that you can't do this on your own i agree you know too um i just want to share that

(...)

my brother that overdosed you know talking to him on the phone he can only talk and it's really painful and just knowing it had been something like this back then that would have been wonderful but i have a brother that's uh most likely he's dead from alcoholism and another brother that been in and out of prison all his life drug related he tried everything from heroin to LSD(...) and then i have a brother that's clean and sober 39 years and i have 34 years so we have a choice i don't believe that god said oh i'm going to get pam and might clean and sober but nobody else so we have a lot of choices out there there there are there's treatment available and i what you shared about the what is the barriers that's happening that where people can't get this type of treatment what what is it miss or money or insurance it's uh family pressure you just need to quit you don't need to be involved in some of these treatments there's a lot of social stigma(...) attached to admitting that there was a problem with dependence and even seeking treatment for dependence what would you say to the family members

(...)

i'd say that this person that you're struggling with uh is a good person who did never intend to have this happen i have yet to meet somebody to walk in a clinic saying doc i really would like to become an opiate addict it has yet to happen uh these are people who need help they need understanding uh and they need you to be honest with how you feel which which way it is or not there's too many secrets and lies involved in addiction especially with family members and spouses and to me one of the worst things is uh an addict with children those children really get cheated from the consideration and care and attention that have to be diverted when somebody was opiate dependent they really can't give their love and attention to their family the way they should this is one of the one of the worst consequences for me can this uh heroin addiction can it be hidden can someone hide it from the family member completely we see that all the time there's a whole underground in the Boise area that is opiate addicts there's a street that some of the addicts call heroin alley and uh you know it's it and most people don't know this is a community an underground community that know each other that know where to go that know where to connect and so that helps keep the problem going then we have government agencies who don't support this type of modality and creates fear for people reaching out to get help you mentioned prison i see it happen all the time where prison the prisons release somebody who has a long history of heroin addiction back into the community with the idea that they should not and and go to a methadone clinic and that's what they need so six months down the road they've relapsed back on heroin they're violated back into the system we call that the revolving door syndrome we thought we were done with that kind of thinking and behavior with agencies but it still exists at least in Boise so they're playing doctor in some ways they are because only a doctor(...) can prescribe the type of medication assisted treatment not a probation officer so what is the myth that the government has about methadone and like doctor mentioned earlier there's this stigma this bad reputation that methadone and some other MAT approaches have that you're

substituting one drug for the other but if you talk to the patients you know they're so grateful to not be dope sick to not be in withdrawal to not have to chase that high any longer and now with the counseling they're able to get their life back and then with doctor and nurse and counseling support when the time is ready they can be winged off so to speak well you think if someone's suffering that you'd want to be able to give them some help and and it's legal you know so

(...)

well we're almost done here anything you two would like to add to our audience and say or share again i'm sounding like a broken record if you need help you can get a hold of doctor bailey you can call bull creek of idaho or raise the bottom which is a methadone clinic in Boise(...) don't hesitate to call us we're confidential we'll treat you with dignity and respect thank you

(...)

well i'd like to thank our viewers for joining us today and for don and dr bailey for being here thank you so much what you're doing in the community you're saving lives you're saving lives

(...)

and i want to end our show too by saying giving a special thanks to monty mire of take 12 radio albany organ yeah if you enjoyed this show please join us on facebook time to heal and if you'd like to make sure the show keeps going on please send your donations to tv c tv here in Boise Idaho(...) and remember if you're out there suffering and you feel like you're all alone you're not we're here to help you just give us a call have faith because your miracle is on its way

(...)

i want a new drug while the whole made me sick

(...)

while the whole made me crash my car and make me feel three feet i want a new drive well the whole made my mouth to dry i make my eyes to red

Episode 04:

(...) [Music]

(...)

Hello, welcome to Time to Heal. My name is Pam Himphill.(...) And on this show we talk about addiction and recovery. And on this show today we're going to be talking about treatment and the problems that we're having in treatment for our modern day addicts.(...) And my guest that I have with me today is a gentleman in treatment and a professional counselor who's going to share with you about addiction and treatment and what are the barriers and what are the problems we're having helping these people get into treatment and stay in treatment.(...) And I'd like to first start off with Don.

(...)

Okay.(...) Well, I'm glad you started us on that path because I do think treatment's changed quite a bit. And what I mean by that is we still have traditional treatment and we have what I coin as modern day treatment. And I think it's important that we start talking about modern day treatment a little more than traditional treatment. The addicts face has changed a little, Pam, and that worries me because I had explained once before in one of our previous shows how at one of the facilities I oversee, five years ago, 75 percent, easily 75 percent, if not more, of our admits were traditional alcoholics or methamphetamine. And in that five years, it has radically changed. Seventy-five percent of our admits today are opiate addicts, young heroin addicts, young people who are addicted to opiate drugs,

(...)

prescription drugs like OxyContin.(...) And what we've learned over the years is that this addiction is so crippling that it often needs what we call MAT approaches. MAT just stands for medication-assisted treatment. You know, I have had heart disease. I have to take medications so that I can continue to live a normal life. There are some addicts, modern day addicts, whose addiction is so strong, their brain is so affected by their addiction, that they need medications to help stabilize the brain long enough so that they can receive appropriate treatment counseling.(...) And so we have young people like Brent in treatment, and we use medication-assisted treatment to get them stable. And then once they're stable, the counselors can then begin to break through the denial.(...) You and I know what denial and how strong denial is, especially in early recovery. But when you combine that with a brain that cannot focus,(...) when it's been damaged so much from the drugs that they're using, and I'm talking specifically opiates like heroin,(...) that their brain cannot settle down long enough for them to hear the message. Long enough for the counselor to break through the denial, you're wasting your time. So again, modern day addicts like Brent needs to be stable or have a stabilization going on, and we use medication to stabilize them so that then the counseling and the treatment can work.(...) And I would like to ask Brent to chime in.(...) Chime in, how did he get started on opiates? He was a young guy.

(...)

You and I see a lot more young people in treatment, more and more young people in recovery, but I'd like to know how Brent got started, how he ended up in treatment, and did medication-assisted treatment, in his case, suboxone was utilized to help stabilize him. Did it help? Did it work? Let's hear it from the guy

that's gone through it. Is it in treatment, about ready to complete treatment? Is it working? Is the modern day approaches working for him? I will pass the ball to him, but let me just say this, Pam.

(...)

I believe that if Brent would have gone through treatment 20 years ago, even 10 years ago, he would have failed miserably. Traditional treatment doesn't work today for people like him.

(...)

Traditional treatment tries to convince the addict or the alcoholic that they're ruining their lives.

(...)

We would have gotten nowhere with Brent in trying to convince him of that and that he needs to quit unless we stabilize the brain.

(...)

That's a lot of sense.(...) So share with us, how did you start on Drexel? I first smoked pot when I was about 14, 15 years old.

(...)

I used it recreationally through high school.

(...)

Buddies of mine, we'd go to class and go get high. We didn't think it was any big deal at the time.

(...)

Towards the end of my high school career, I started selling a lot of cocaine.

(...)

The day I graduated high school, I used cocaine for my first time.(...) I was mixing that and I was smoking pot at the same time and a little bit of drinking.

(...)

It wasn't until about three or four years after that where I started actually selling pills.

(...)

How that became is I was trying to recycle the money in my pocket. I had this couple thousand dollars in my pocket I didn't know what to do with.

(...)

I started buying pills and I was selling those for a long time. A long time before I started using them, actually. I became really comfortable with them. I saw a lot of these functioning addicts, how they went by every day. As long as they came and saw me, they got by just fine. I thought, "Maybe I might try these things."

(...)

When I first used opiates, it was one night when I was doing a lot of coke. A buddy of mine told me, "If you try one of these pills, they'll help you come down."

(...)

It worked that night. I thought, "Wow, this is kind of a revelation.(...) Maybe I might be able to get off coke, start doing these pills, and maybe this might make me a better person."(...) I don't know where the thought process was at there. I don't know if there was much of one, but that was how it started. The next thing you know, I wasn't using coke that often anymore. It was maybe a couple times a month, but I was using pills every day.

(...)

I thought I had made a major breakthrough.(...) I was starting to gain weight a little bit until I started using them too heavy. Then that weight diminished drastically.

(...)

I used that all the way up to the point where I went to prison.

(...)

How old were you when you went to prison?(...) I was 23 when I went to prison.(...) I did eight months in the Washington State Penitentiary. I got out and I started working a job. It wasn't the healthiest job,(...) the environment.

(...)

So I switched jobs. In the meantime, when I was in a car accident,

(...)

just right before that I started using opiates again. I started doing these pills again.(...) I remember right away why I like doing them. Can you say what pills? Oxycontin 30s. They're in epidemic right now. They're everywhere.(...) I can't tell you how many people I know who are addicted to them. It's an ugly, ugly disease.

(...)

The addiction is beyond belief in how many people are addicted. They can't get by day to day without a handful of these things. How do you get them? From drug dealers.

(...)

They come up from all over the country, everywhere.(...) People have prescriptions. They sell them off. They do some. They actually sell them off and then turn around and go buy more pills.

(...)

The thought process isn't there. They're not in their right mind. They're not using... It's not them who's thinking. It's the addiction.

(...)

But this medication, these pills that they're taking and that you've been experimenting with, they do stuff before you, you wouldn't use them. Absolutely. What do they do?

(...)

Me, personally, they gave me a bit of confidence at the beginning. I didn't use them because I didn't like them. I loved them.

(...)

And I took over my relationship. I had hurt a girlfriend really bad. I had hurt my family really bad.

(...)

And they took over everything. They did.

(...)

So that feeling of not feeling good about yourself, you take your drugs, whatever you use, you felt better about you. So now in treatment, are you addressing this? Is this what you've been addressing in treatment?

(...)

Yeah. What I'm coming to find is that

(...)

I was using my addiction as almost a credit card to face emotions. I wasn't facing them. I was using this addiction and these pills to pretty much...

(...)

They came with me everywhere I went. Anytime I couldn't go ahead and take care of something on my own, I'd go ahead and charge it to this addiction.

(...)

Until I was emotionally just about financially and with my family, I had maxed out that avenue. And it was time to do something different. I knew that it wasn't the person I wanted to be for much longer.

(...)

It just took over everything. It just made me such an ugly person. I did things that to this day I wish I'd never did. But I know now that that's a different person. This isn't the same person who's sitting in this seat today.(...) So we don't sit back and go, "Oh, I grow up. I'm going to be raw people in your family." No. That wasn't your intention. No. It's part of the addiction. I'm not giving you an hour of excuse,

(...)

but we need to forgive ourselves and do something different today. So share with us. What are you doing different today?

(...)

Today I'm taking a moral inventory. I'm thinking about how I got started, the feelings and emotions and the things that I need to get grounded today. The things that were a personal weakness that I used these pills to help aid.(...) And today I'm involved in treatment. And we do about 39 hours a week involved in these rooms.

(...)

And it's just been the best thing for me. Bow Creek Recovery Center, where I'm at right now, I've been there for almost 73 days. Wonderful. And it's not only the old Brent, but it's a better Brent.

(...)

Did your family know you were using them? No, they had no idea. How did you hide it from them?

(...)

Well, my parents lived over here in Boise, and I lived in Tacoma. And it's no better over there. It's just as bad over there.(...) It's just as much as an epidemic. It's a nationwide epidemic. There's people everywhere who are addicted to these things.

(...)

I had this distance between them that they weren't able to see me. Because if they had seen me, they would have known that I lost enough weight and that I wasn't myself anymore.

(...)

And I told them what they wanted to hear on a day-to-day basis.(...) I'm doing great. I'm going to work.(...) I just saw my girlfriend. She's doing good. But the truth of the matter is everything was falling to pieces. My relationship with that girl, my relationship at work, my work ethic, it was all falling to pieces.

(...)

You had mentioned that you were losing control. And what I'd like to point out, Pam, is one of those old sayings, I think it was Father Martin that first coined it, that first the man takes a drink, then the drink takes the man.(...) And that's what we're dealing with today. I believe that the addiction that people like Brent, young people, are dealing with today is a more harsh addiction, especially with the brain. First he takes that pill and he's convinced himself, it sounds like you were telling yourself, "Well, this might help me get off the cocaine." And you convinced yourself, "Hey, this is actually helping me." And that pill, first you take the pill, then the pill takes the pill, and then the pill takes the man. And you lost your control. And you started ruining your life, and your family was hurt, and your girlfriend was hurt, and on and on and on. And what I'm trying to express, Pam, is that modern-day addicts like Brent need medication-assisted treatment, or modern-day treatment, to help them stop the insanity.(...) And then once he's able to stop the insanity, in your case you took Suboxone, a medication that helped stabilize the brain, and then you were able to receive some of the counseling. And it was working, and now he's a success story in treatment. He volunteered to come and do your program, Pam, because he's got the bug, the recovery bug. He's got the enthusiasm about recovery. He wants to spread the word. But I think it's still important that on your show, that he and I also express that there are modern-day addicts that need more than traditional treatment for them to be successful. Would you agree with that, Brent? Entirely. Can you explain that to the audience that did the Suboxone part help stabilize you, and then you can hear the counselors?(...) Entirely. Mentally, physically, emotionally, it stabilized me. I mean, I'm a huge advocate for the Suboxone treatment. It helped me get to a place where I was at ease. I was ready to sit in these rooms, because otherwise without it, the physical dependency on that addiction is beyond belief.

(...)

And without having that help and-- What is it like?

(...)

The addiction, the withdrawals. Yeah. What does it feel like?

(...)

A lot of people in the audience-- The worst thing, the total loss of control. I mean, over your body, your body's doing things, and it's reacting in a way that you've never experienced before. One of the street terms is "dope sick." Can you explain to the audience what's dope sick?

(...)

Dope sick, the first thing that comes to mind is crawling down from my cell in prison and having uncontrollable bowel movements, and then having to sit in that for the next day and a half. So to avoid that feeling, you would do anything? Anything.(...) I mean, treatment, you know,

(...)

I thank God for Suboxone. You know, it's been a huge factor at how I've been able to make progress today. Are you still on Suboxone? Yes, I am.

(...)

So somebody in the audience might say, "Well, you've substituted one drug for another because they're going to think maybe Suboxone is a drug when it's really a medication." Yes. So are you planning on coming off the Suboxone?

(...)

Yes. How does that work?(...) Have you and the doctor talked about that? That's what I was going to say, is the doctor and I have talked about it quite extensively because I didn't think that I wanted to stay on Suboxone because, you know,(...) it can be tough to get off of. You need to do a cold-- you can't do a cold turkey. You need to taper off and you do it in time. And sometimes the best way to do it is blind without knowing that you're doing it because there's a mental part to it, too.(...) There's a part that thinks that, "Well, I need this amount. I need to, you know, I need this to get well and get through the day." But the fact of the matter is, is a lot of it can be mental, but you'll also feel the change. But if you're not expecting it or knowing that it's coming, then you have a lot better chance of getting through that taper.(...) Otherwise, you know, cold turkey, it can be a little rough, you know. I've experienced that, too, as well. And, you know, it needs to be administered by a doctor and you need to speak with him thoroughly at, you know, what avenue you want to take with this.

(...)

So I plan on taking it for about the next six months, and then I'll do a taper from there. And that gives my brain enough time to heal the receptors that were damaged from the time that I was using.(...) And, Pam, if I may add, you know, the younger you are, the better chance you have of getting off the medication quicker or being on the medication in a shorter period of time. And we've talked about it in previous shows. You take like what I would term as an old-school junkie. Someone who has used IV drugs like heroin for years and years, 30 years, they may need a stronger medication like methadone and they may be on methadone the rest of their lives. There may be someone who's used a little longer than Brent, who may need to be on suboxone for two or three years before they taper off. But the younger they are, the better chance they have to stay on the medication in a shorter time span and come off the medication and be much more successful. That's the beauty about all the--you know, we get worried about young people coming out of the woodwork with addiction and a harder and stronger addiction than we've seen in the past. But because he's young, he stands a better chance of grasping the recovery mentally, physically, spiritually, and coming off the suboxone quicker. He should be totally free from the medication six months from now and all of the addiction six months from now. So to me,(...) medication-assisted treatment is a modern-day approach that helps young people. And it gives you that opportunity, that chance to absorb work in a program. Can you share with us what type of program you are working as far as your recovery program, like the 12 steps?

(...)

Yeah, you know, we get up early in the morning, we go to the gym, which plays a huge factor into my day-in and day-out sobriety, making sure I stay healthy and fit, which to me it's really important. And then we do groups for the rest of the day. And the counselors there at Boat Creek, they know how to dig deep and they know the right time to do it, and they do an excellent job of it. And, you know, they give you enough tools to be able to get back out there in society and not fail. It's up to you, though, as the person, it's up to me as the addict whether or not I'm going to fail or not, you know, whether I want to use these

tools or not that they've given me. And a doctor, just the other day, actually, he said something that meant a lot to me, that he said, you know, "You haven't failed yet.

(...)

If you leave here and you relapse, now you've failed, because now you have the tools to not relapse. Now you know.(...) You have a way out. You know the path to follow, and it's up to you whether or not you want to stay on that path."(...) You have a choice now. I have a choice. I do. I truly believe that. I shared that in my last show. I've been sober 34 years. My brother has 39 years. Congratulations. One brother went in and out of prison for drug-related crimes. One overdosed on opiates, and he's never been normal. And one's dead from alcoholism. They've all been to the program.

(...)

You got it. He nailed it right off, because you have a choice. Once you know, then it is up to me.

(...)

But also, could you share with us, what are some of those tools that they're, what's the main one that comes to your head that you'd like to share with our audience?

(...)

First and foremost, you said it's up to me. It is, but it's a we thing. You can't do it on your own.(...) Thank you. You can try, and you can try, and you can try.

(...)

And it failed me so many times, you know.

(...)

Without having help, without,(...) you know, I didn't ask for help either, you know. It was something that came to me. It was an intervention with my family.

(...)

And it was the biggest relief, you know, because that addiction took me down so fast. And it took me to bring on to an anchor.(...) And it literally drags you to the, just to the depths that you've never seen before, or felt before.

(...)

And when I agreed to come to treatment, it was like letting go of that anchor. And I literally physically felt like I came above water and I just gasped for air.

(...)

And, you know, and so the biggest thing is, it's a we thing. You got to ask for help.(...) And that's a tough thing to do.

(...)

It's embarrassing, and there's a big pride factor that gets in the way of that. And I have a lot of that.(...) I might have one of the biggest egos that I know. He does.

(...)

And it was tough. It was, and you know, coming there to treatment and, you know, at first trying to dissect what pieces of treatment I may need, I need all of it. And I need more than just that. And that's why I keep going to these meetings and I stay in group, you know. And I ask if, you know, if it's an option of whether or not we want to go or not some days to certain things, I always go. Because that's a big factor, as you know. The second day, you know, take you off that leash and they ask you, you know, they give you the choice.

(...)

That's when you really know whether or not someone's serious or not. And I've yet to miss a meeting.

(...)

You know, I've heard him say many times in his recovery, this is the only disease that the person tells themselves they don't have.

(...)

Yeah. Question, because you missed something. You said your parents didn't know that you were having this problem. So how did they find out? How did this intervention happen? What happened there?

(...)

I was trying to come off of these pills, these Oxycontinents. And so I was taking Xanax in lieu of my quote unquote self dose that I was taking daily. And I was trying to cut down and I was using Xanax to comfort me from the withdraws that I was anticipating.

(...)

And those are strong.

(...)

Benzodiazepines is what they are. And it's a deadly combination. More than anything else, they can take your life and you don't realize it. You may think you're helping yourself, but you're not.

(...)

So, you know, I was falling asleep everywhere for, you know,

(...)

the remainder of two days that I was in Tacoma.

(...)

And it came down to the point where my family came out to the garage and they found me sleep.(...) And I had been smoking a cigarette and the cigarette had fallen into my lap and it was burning a hole through myself. And I slept right through it. And my cousin woke me up finally after several attempts.

(...)

And, you know, I woke up and had myself convinced that nothing was wrong. He didn't know. And I went right upstairs and went to bed.

(...)

And, yeah, and that was, you know, I knew I had a problem. I knew I had a problem long before then.(...) But, you know, I just didn't know how to ask for help. It's not easy to do. It's a very shameful thing to have to do.

(...)

Also, too, I've heard it's not just a shame. I know that's very difficult to reach out and ask for help. But isn't there also a quick beat down if I'm wrong here. There's a part of the addict that just doesn't want to give it up. Yeah. They really don't. And they're going to try on their own to find a way to stop. Right. And that's what I'm hearing you say that you kept thinking that you could do this. And you also mentioned that you realize now you can't do this alone. But I don't think it's always the pride about asking for help. I think that little piece of us is saying, maybe I can beat this. Maybe I can beat this. We can't. There's no way. There's no cure.(...) There's treatment, God's treatment, and what you're sharing here. It's very effective. If you want it.

(...)

You can have it. Definitely.

(...)

So I think Brent also gave a description of what commonly happens with young people nowadays. We had a show and we talked, you and I, and Doc Bailey talked a lot about overdose and the problem with overdose in America today. Overdose from heroin has surpassed fatal car accidents and the general public is not aware of that. He is fortunate to be here today. I was just listening to his description of being found in the garage by family members. We know that benzos, medications like benzos mixed with opiates are deadly. That's how a lot of people die from overdose. We call it suicide, Hollywood suicide. They didn't even mean to die, but they overdosed that way.(...) Brent is a classic case of someone who couldn't quit without help. When he says we, he means it, but I also think part of that we is the medical part,(...) the doctor helping him get stabilized through medication. Yes, because he was playing doctor his

own self. Exactly. And that's how we-- It's come off. It wasn't working. It was an overdose. We lose thousands and thousands of people that way.

(...)

And so I would like to say to your audience that if you're an active user and you're watching this show,(...) please do not, do not combine benzos with the opiates.(...) That's Hollywood suicide. You're going to die.

(...)

Alcohol and benzos, alcohol and opiates are deadly mixed together. People die from the overdose, not thinking that they were going to die.

(...)

There's modern day treatment. There's approaches,(...) medication assisted treatments, modern day treatment. Modern day treatment that can help people today. And so Brent, if you know, if you were going to give a message to somebody out there in the next, you got 60 seconds to give a message to somebody out there before we pass it on to Pam, what would you say to somebody that's watching this show right now and that's active in their addiction?

(...)

Tomorrow's never going to come.

(...)

It'll never come. You can try and you can try, but it's never going to come because if you don't take yourself out of that situation and make the difference and go actually do something about it,(...) tomorrow will never come. And I can't tell you how many times I was going to quit tomorrow.

(...)

And you know, Beau Creek treatment center, never, it never necessarily opened up the doors to heaven,(...) but it did open up the doors to hell for me to walk out of.

(...)

That's a good way to put it. I like that.

(...)

So if you're in trouble, don't hesitate to call Beau Creek Bella Vista Recovery Center.(...) We'll treat you with dignity and respect and you too can have your life back.

(...)

Yeah,(...) I can't thank you both enough for coming.(...) You're saving lives. You're such a blessing to the community. I'm going to throw out one last question because it's from my friends at Facebook right now. There was a gentleman that got out of treatment two weeks later. He relapsed and overdosed.

(...)

Okay, so you're going to tell me what you're going to do to not let that happen.(...) What are you going to do?

(...)

I'm going to stay active in the program. I'm going to have someone I can go reach out to as soon as I make that first slip up and I know something's going to happen. I'm going to ask for help. You're going to call first. Oh, first thing first, I'm going to call. Who?

(...)

Beau Creek.

(...)

My sponsor, someone who watches over me daily, I talk to.

(...)

This is a terrible disease. People are dying and I don't want to hear about yours. Thank you, Pam. You're important.

(...)

Thanks for having me. I'm so proud of you.(...) Don, I want to thank you very much for coming on our show today. You are a blessing to the community and you know, you're saving a lot of lives. Well, thank you for allowing us to be part of this show. And if anybody in your audience needs help or has questions, they can feel free to call Beau Creek and we'll answer the questions. Treat them with dignity and respect. Thank you. And thank you so much for coming on. You are such a blessing. I'm just so excited for you and how well you're doing in the treatment center. I can't wait to hear more. You're going to keep stay in contact with me. Absolutely, Pam. Thank you for having me. Oh, thank you. It was a pleasure. Thank you very much. And thank you for joining us. We'll see you hopefully on the next episode, which is going to be addiction while you're in prison. And how do you stay clean and sober when you're locked up?

(...)

Thank you.

Episode 05:

(...) [MUSIC]

(...)

Hello, welcome to Time to Heal. My name is Pam Hemphill and I'll be your host tonight. On this show, I bring you the dark side of addiction to a whole new light.

(...)

By providing you with some recovery solutions, on tonight's discussion, we're gonna be sharing with you how to detach with love.

(...)

As a mother that's having a son out there drinking and using it, there's nothing I can do. I know what you're going through. I know what it's like to have a daughter or a son that won't stop drinking, using drugs, or maybe they're getting in trouble with the law. I know what your heart is feeling.(...) So tonight I brought on two people. They're gonna share with you their story and how their struggles brought them to where they are today and how they're staying sober one day at a time. I'd like to start off first with Don.(...) And Don, do you wanna start off by sharing with the audience a little bit about you and your story?

(...)

Sure, Pam, I'm an alcoholic and I started drinking.

(...)

When I was a kid, I couldn't tell you when my first drink was. But I know that I was binge drinking when I was 16, had a license, could get around and go off and do the things teenagers do.(...) And my dad's an alcoholic, so I grew up in an alcoholic family. And his disease progressed, and he got worse and worse.(...) By the time I was 18,(...) he had pretty much self-destructed and left the family to go somewhere else and make a money after losing our business.

(...)

And I became the man of the family and started working on drilling rigs in the oil fields to support the family.(...) And in the drilling rigs at the end of the day, they buy a case of beer and everybody on the crew gets a six pack. So by the time I was 18, I was drinking a six pack of beer a day.(...) And every day, and then more on occasion, all my days off.

(...)

So I went to college,(...) and I'm the oldest son of an alcoholic.(...) And apparently, we do kinda predictable things. We're about 80% likely to become alcoholics ourselves.(...) And we tend to do everything as best that we can so that even though we know the family's messed up, we're doing everything we can. So I was a high achiever, went off to college, the first one of my family to do so, and

got a good job. And had a good career in my field, but I was an alcoholic. And my alcoholism progressed.(...) So as soon as I was able to, I left the family. As soon as my next oldest brother was able to step up into the role of the earner for the family, I took off, I went to college. I would come home on summer break and work hard, give my mom money, and keep what I needed to go to college. And as soon as I could, I got married and went all the way to the other coast.

(...)

And I separated.(...) I ran away, I separated from my family.(...) And I did that for a long time until the progression of my disease(...) took me to the point where I lost everything I'd earned. I lost my marriage of 25 years, I lost my home, I lost my property, I lost my self-respect, my kids couldn't be with me anymore because of the way that I was, and I came back to my hometown with my tail tucked, with basically nothing.

(...)

And lived in an apartment complex that my mom was managing.

(...)

And she had supported me whenever I was in my hard times by sending money. But I kept her at a distance because of the shame and feelings that my alcoholic family had.(...) And it was a hard time for everybody.

(...)

I tried for a couple of years to get sober with 12-step program, and I couldn't do it. I couldn't do it. I thought I could still get sober on my own. I didn't wanna follow all those steps that they had. I didn't wanna tell my story to anybody because I thought it was so shameful and I thought I was so unique.(...) And I come to find out that my story is pretty textbook.(...) A lot of people have the exact same, in fact, there's a whole program for people exactly like me and for families like me too.

(...)

In the 12-step family programs.

(...)

So towards the end of my drinking career, I was living in this apartment. I really couldn't support myself.

(...)

And I remember one instance where I isolated for a week.

(...)

And I did nothing but drink for a week. And my mom came by and she knocked on the door and came in. She said,(...) Don, I know what you're doing. She said, I saw your dad drink himself to death and I cannot stand to see you do the same thing. And she gave me a hug and she said goodbye.

(...)

And I didn't see her again until I was sober.

(...)

And I really, mom was my anchor.(...) No matter how bad I got, I could at least get sympathy for mom.(...) But when she said that she couldn't stand to see me drink myself to death like my dad,(...) I was lost.

(...)

I knew that I was coming to the end of my rope.

(...)

And I will tell you, I think that moment started my descent into my rock bottom.

(...)

It really did. She moved away. She packed up and she moved to a different place and left me there. And she said it's gonna be all right, but she couldn't see me anymore.

(...)

And within about three months, I finally got to the point where I saw my life going the way my dad's. Just like mom said, I saw your dad drink himself to death and I saw my trail. I was either going to drink myself to death and die a lonely, crazy, hermit sick by myself like my dad did isolated.

(...)

Or I was gonna quit drinking.

(...)

And I knew that I couldn't quit drinking. I tried, I tried with the 12-step program and I couldn't quit. So I was stuck. Which way am I gonna go?

(...)

And that's when I surrendered my will.

(...)

And because of my experience with the 12-step programs in the past,

(...)

I was finally beaten into that, we call it beaten into a degree of reasonableness about my situation. I couldn't fake it anymore.(...) And that's when I had to surrender. And that moment is when my sobriety started, when I surrendered my will and my life over to a higher power. I didn't really have very much of an idea over what my higher power was. But losing that rock of my mom to anchor me and knowing that I was on my own, I think is really what started me to recovery.

(...)

The part where you were sharing with your mother said I can no longer watch you drink yourself to death like your dad.(...) Were there times though that she did try to rescue you, did try to save you?(...) Because I had separated myself, there wasn't a whole lot she could do besides send money to me when I needed it. But she did set me up with an apartment when I came back with my tail tucked. And that didn't help you? No, no, it gave me a temporary reprieve of responsibility for myself. I could continue to drink.

(...)

So all the love though your mother had for you couldn't have saved you?

(...)

I was beyond human power.

(...)

I firmly believe that. So how long have you been sober now?

(...)

A little over three years. Wonderful, that's wonderful.

(...)

So what are you doing now to maintain your recovery? What do you do? I have a sponsor that I speak to on a regular basis. He's got a sponsor and I go to meetings regularly.

(...)

I have taken a job as support staff at a drug and alcohol recovery center. Wonderful. And I'm making my recovery the priority in my life and I'm fitting everything else around that.

(...)

And your mother, what's your relationship now with your mother? One of the things we do in our program is we make amends to people we've hurt.

(...)

And we have kind of a set way that we do it.

(...)

You tell them what hurt you think you've caused, you let them tell you what hurt that they've caused you that you didn't know, which often is a lot.(...) You let them tell you how they felt about it and then you ask what you can do to make it better. My mom said I just want you to be happy.

(...)

So I call my mom every week now. And tell her I'm happy.

(...)

What if you're not happy? Do you tell her you're not happy too? Are you honest in that way? I'm usually pretty happy when I'm talking to my mom. Okay. [LAUGH]

(...)

Thank you for sharing that, so I'll get back to you in just a minute. You wanna share your story with your family and what happened with you and your drug use? Yeah, I started smoking pot when I was about 14, 15 years old. And I started selling a lot of cocaine by my senior year of high school. And it progressed from there.(...) A lot of the same things, a lot of smoking weed and drinking beer from time to time on the weekends.(...) I was more heavy into the drugs, not so much the drinking. That was more so my demise towards the end of that. And when I started using opiates was really what really took me. That was my big collapse, was starting using opiates. Cuz that took a hold of me in a whole other manner that I had never experienced before. And through a lot of selling drugs, I had gone to a lot of legality trouble.(...) And I was actually in prison for a little while. And I had caught about three different cases when I was 18 years old. And the first one wound up being a deferral.

(...)

And under the circumstances, I wasn't in trouble again. It would all be erased. You'd think that would be enough to keep me clean and keep me out of the streets. But it wasn't, I thought that maybe I might be able to fly below the radar and stay out of trouble. Well, that only lasted for about,(...) I'd say, I think it was almost seven months.(...) And from there, it was about a month after that, and I caught my next case.(...) And so I remember the first one, the prosecutor offered me a deal to plead guilty to this charge to a felony, and there'd be no jail time.

(...)

So I asked my attorney, I said, and this was a question that came from my parents, was if I were your son, what would you have me do? And she said, I'm gonna be honest, I would say with the evidence that we have on our side, I'd say let's take the trial. So that we did.

(...)

About, like I said, another month later, I wound up, as we were preparing for that trial,(...) there was a search warrant.

(...)

The police had came and found me, and they had a search warrant for my house. And I was still living with my parents at the time. So mind you, while this is going on, now there's still another case that's in the mix going on. So they came in the house, and they didn't find any drugs, but they found a large sum of money.

(...)

And with that being said, while that was going on, I was actually already in jail.(...) And the search warrant actually said that bail would be posted in court. But since I didn't find any actual drugs within the house or my vehicle, they posted a bail that night, and I actually bonded out. And then I fought both of those cases, and we went to trial. And I actually had beaten both of those cases,(...) which was a blessing it seemed at the time, but in the near future, about two years later, in that time span, I had gotten into more trouble. I thought I was bulletproof, I didn't think that it would ever catch. I didn't think I would ever be that guy to actually have to serve time for what I had done.

(...)

And so when I fought my fourth and fifth case in trial,

(...)

I had had a case law with an attorney represented, and that I thought paralleled a case in Washington, which was a state versus net in 2008. And it said that legal innocuous objects such as swishers, money,

(...)

air fresheners, and empty unused baggies wasn't enough to get a search warrant. And we thought that that would work. Well, it didn't. And the judge wound up dismissing, or not dismissing that, but disregarding that from the case and kept moving forward. So on the day of the jury trial, when we were actually getting ready to bring in the jury, the prosecutor offered me a deal whether or not I wanted to take this deal for a year and a day in prison, or if we continue on going to trial and I could roll the dice.(...) Well, I called my parents that day and it was kind of a no brainer. For the amount of time I was looking at, the year and a day was a small price to pay.

(...)

So I went outside that day and I remember calling my dad and I told him, dad, I'm in a lot of trouble and I don't know if you know the extent of it, but they just offered me a deal for a year and a day. And I'd do eight months on that time and I'd be out and be over and done with.

(...)

And it really took him by surprise. I didn't wanna, they had kind of bailed me out my first two times, three times actually, and I didn't wanna involve them on my fourth and fifth time. So I really kept them at a distance on it. They didn't know what was going on. It was something I was extremely ashamed of. This should have never happened. None of it should have ever happened. But they drove over from Tri-Cities where they were living at and they spent the weekend with me in Tacoma. And I kinda gathered my thoughts and tried to gather some of my things and(...) spent some time with them before I went away.

(...)

And through my imprisonment, my mom and dad and girlfriend, brother and a few other family members came and supported me. And came and visited and they'd send me money from time to time. And from my experience, that was one of the best things for me because it really showed me a lot of care and support that I had through my family, which a lot of other people didn't. And some even who did, they would spend that money in prison on tobacco or drugs.

(...)

And I used to shake my head at them. How could you do that? They're still here in your corner fighting for you.(...) And you can't even pay them the respect to at least spend the money on what they gave it to you for. Is this something you'd say to yourself? This is something I would say to myself because it was their deal. I didn't wanna get in the way of their thing. And that's kind of a part of doing time is you just do your time.

(...)

It's kind of a respect thing too.

(...)

But why you were locked up, you were able to get drugs while you were there. Right, right. And the money they were sending you, you were using that to buy the drugs,

(...)

buy drugs to smoke pot. Yeah, I had smoked pot a couple of times in prison.

(...)

So it was definitely relevant.

(...)

And it's something I still hold some shame for. But when I got out of prison, I had flight straight for a while until I was working a job and it was kind of an unhealthy environment.

(...)

And- I wanna stop you just for a minute. Okay. Just feel a lot of shame for it, don't feel a lot of shame. Your addiction is more powerful than you. Those are the things that we do.(...) The drug becomes more important than mom, dad, anybody, right? So you use them while you're in prison as part of your addiction, not you.

(...)

Right. It doesn't that make sense if you hadn't surrendered yet to your disease and was really wanting to stop and it's right there in front of you.

(...)

And you mentioned earlier when we were sharing that there is no 12 step meetings there, what were you to do? I'm not giving you an out. Yeah. But- There wasn't much, you know, I just tried to deal with life on life's terms at the time and that was just a part of it. That's all I knew how to do, was to use drugs and smoke weed. That's, you know,(...) and I was good at it. You know, who doesn't want to do something that they're not good at, you know? And it's, you know, like it says, it's cunning and baffling and, you know, I don't think I have a problem, you know?(...) But, you know, I was trying to mask some of the stress, you know, and that was my out.(...) You know, those few times I had smoke pot, you know, not to minimize it, but, you know, it was just, you know, it was just kind of a,(...) it was just something I did, you know? I don't know how to explain it. I really don't. I can try to find words for it, but I can't, you know?

(...)

So, Mom and Dad sending you money.

(...)

Yeah, no intentions, just to help you, because that extra money while you're in prison helps you buy a few things that you wouldn't be able to get, correct? Correct.

(...)

So, as parents, it's really hard, you know, because we want to help you. And what is the myth that we are taught as parents that, you know, about, you know, they talk about being codependent. We don't want to be codependent. We don't want to enable.(...) But so how do you define that, talking to the audience? What would you be saying to these parents?

(...)

You know, what has been the biggest barrier for you? What did they do that kept you still using? Done.

(...)

I think she held out hope for me.

(...)

I think she thought that her love could make me stop and change my behavior, get me an apartment, you know, give me money when I needed it, trying to give me encouragement. I think her love thought, I thought that she thought that her love could make me change my behavior, and it couldn't. Can you explain to our audience why that doesn't work for an alcoholic?

(...)

Because I was absolutely powerless over alcohol. I could not stop.(...) There is no way I could stop drinking. I tried to stop.(...) And I would look at a glass of booze in it, and I would say this, if I drink this, it's going to be bad.(...) Nothing good is going to happen. I should not drink. I don't want to drink it.

(...)

And I would drink it because I had to. I didn't have a choice.

(...)

And nothing my mom could have done would have changed that. What she did do was say, I can't see you, drink yourself to death anymore. I love you, but I can't be a part of this.

(...)

That was a gift she gave to herself for doing that back in the-- That was. From you. Yeah.

(...)

So what would you say to your mom and dad today to prevent you from enabling you again?

(...)

It sounded like they were helping you get out of trouble when you were in court. Were they paying for all your legal?

(...)

Yeah, they did.(...) And you know,(...) it's honestly-- it's a tough question because if I had those legality problems still hanging over my head,(...) the old mentality would have came back. And that's part of the disease. Because I would have thought that maybe I could get out of this and erase some of these fines by selling dope again.

(...)

With that having been done for me, it was able to actually let me move on and focus on my job and start to move forward.(...) In some cases, that might not be the best way out. It's kind of a case by case thing.(...) But in my situation, I was blessed enough and I was grateful enough that my parents were able to do that.(...) Not everyone's parents were able to do that. And I'm very grateful for that. And I love them to death. And I think that's a mutual understanding. And I think I underestimated that love until I was in treatment this time.

(...)

And this is my first trip to treatment. But they've been there by my side. They've been to the family days at the end of the month and come support me. And actually watching my dad, when he had to introduce himself to the group and explain why he was there.(...) And watching him struggle through that was really jerked my heart. It was a really tough thing to watch happen.

(...)

And I just want to do right by now. I want to take the tools I've learned there and move forward and not let this happen again. But I got to stay active in this 12-step program and keep going to meetings and keep speaking with others and keep giving away what was given to me.

(...)

I think that's kind of the key to it. And that's why I appreciate so much you having me on the show.(...) It gives me an opportunity to do that.

(...)

Thank you. I appreciate you coming and sharing your story. Don, do you have any questions you'd like to ask him?

(...)

So Brent, I've known you for a little while now. What do you think you're going to do when you get out of treatment?

(...)

Well I've been speaking with a gentleman, Chicano Don. And he was on the show with me last week. And there's a few things he wants me to do with him. Go speak at schools to, I think it's junior high and high school, which I'm really excited about doing.(...) But that's a little of the above and beyond. But as far as the day-to-day things is going to meetings and taking a daily moral inventory and keep working the steps and stay humble and keep looking. I'm very grateful to be working the steps now because it gives me a chance to look at these different areas in life that not everyone is fortunate enough to look at. Believe it or not, it truly is a blessing. And I'm a grateful recovering addict today.

(...)

And Don, would you like to share anything else about what you would suggest to parents out there that are struggling with their daughter or son that's using right now? We have right now an academic going on with the heroin overdoses. And it's very tragic. And our prayers are going out to all of you that have lost a loved one.(...) Is there anything you would like to share with them about this problem that we're having(...) that may help a parent?

(...)

Denial is a big part of being a parent, my children or not, not addicts or alcoholics. But just I know that you always want to thank the best of your kids.

(...)

And that denial can cause the harm to go on for longer than it has to. But I think from my own experience, I know that there's nothing my mom could have done

(...)

to change my behavior.

(...)

She had to let me go.(...) And I had to do it on my own with the, sorry, that's wrong. I had to come to where I surrendered and accepted help.

(...)

And parents, as much as they want to make their, and I'm a parent too, as much as they want to help their kids,(...) sometimes they can't. And they have to accept that.(...) And they have to let their kids know that they love them, but they can't be a part of what they're doing.

(...)

Thank you. It's so true. You know, my son has been drinking now for about four or five years, very heavy. Maybe one or two quarts of whiskey a day. He's on the streets.

(...)

And he tried, they accused him of trying to sell his food stamps so he could buy whiskey.

(...)

He's gotten down to the very bottom, these necronic stages of his alcoholism. I spent a few years doing everything they told me not to do. I enabled that kid. I gave him money. I gave him a place to live. I loved him. And here I am, 34 years in recovery. I'm an alcohol and drug counselor. I know better, but it's my child. I'm a termal. I want to save him. Yep. And I couldn't. So I started going to the Troll Step programs to save my son. And then one day, I realized I need to go there to save me. I was sick. I was helping him stay sick. And so, you know, it's a tough one. It's really hard. Without help, like you said, Nalashio, we can't do this by ourselves. We need outside help. You know, and we need support. And the main thing is not to keep the secrets, not to keep the stuff held inside and share it with somebody and get someone else to help us and work through these issues. You know, so we're not feeling like we're the only ones doing this. Right. Yeah. Please help out there. Absolutely. Well, thank you both. You know, I really enjoyed this today. And you're really an asset to the community. And, you know, come in here and share in your stories. We don't know who you've helped. I hope, you know, somebody heard what you had to say today. And maybe we'll pick up that phone and call someone. Is there anything quickly you'd like to just share real fast to the audience before I end any one of you? Yeah. You know, the family 12-step programs are an incredible resource that help a lot of people, not just parents, but spouses and siblings of alcoholics and addicts.(...) Absolutely. Thank you.(...) Yeah. And same thing is, you know, the parents need to go through their recovery as much as we do, too, as addicts and alcoholics. You know, it's something that they need to repair and recover from because, you know, they were put through a lot of trauma and stress.(...) And, you know, I encourage my parents to go to those meetings today.(...) And I love them both dearly.

(...)

Thank you. Thank you both.(...) And thank you for joining us today. And if you're struggling with any addiction, please call. We have a national wide helpline, which is 877-234-2467.

(...)

And don't give up because your miracle is on its way.

(...)

when this child from other is the rest for the weary

(...)

As one crisis follows another

(...)

The pain rolls deep in the heart of a mother

(...)

The pain rolls deep in the heart of a mother The pain rolls deep in the heart of a mother

(...)

The pain rolls deep in the heart of a mother But I have no doubt that in heaven for earth God has a special place

Episode 06:

[MUSIC]

(...)

Hello, welcome everyone to Time to Heal. I'm Pam Hemphill and I'll be your host. On this show, I bring you the dark side of addiction to a whole new light by providing you with some hope and solutions to how to stay clean and sober one day at a time. This show is dedicated today to all the mothers who have a child who is still suffering from a drug addiction problem.(...) You may have tried to take them to treatment and maybe treatment failed them. So today, we will be discussing issues surrounding treatment programs and how they have changed in the past decade.(...) So my guest today is Don Tennyson, also known as Chicago Don.

(...)

Don is executive director of Bochri in Boise, Idaho.(...) He has worked in the field of addiction treatment for over 35 years.(...) And he's been in recovery himself for 35 years.(...) Don will be sharing with you his knowledge and his personal experience in the field of addiction with his views on what needs to be changed in the addiction field.

(...)

So I'd like to start off today by asking Don,(...) what problem,(...) well, what is the biggest drug problem that we're experiencing in society today and why? Hands down, opiate, opiate problem is the biggest problem in America today.(...) We're talking about prescription drugs like Oxycontin painkillers.(...) Over the counter prescription drugs are the biggest problem. We saw that problem growing many years ago. But often what we do is we'll focus on the current crisis.(...) And so for a few years there, methamphetamine had our attention. If you go back even a few years prior to that,

(...)

cocaine addiction held our attention for a long time.(...) And so we tend to at least in the addiction field and in our society focus our energy on whatever the current drug problem is.(...) What happens though is we're not paying attention to the ones that are bubbling up.(...) We're focusing all of our energy like we did on the methamphetamine crisis(...) in the Idaho area. And what was bubbling up behind that is the opiate prescription drug abuse.

(...)

And so by the time we realize that the methamphetamine problems over, we have another crisis on our hands. And that crisis is the opiate crisis. Now understand what happens. Opiates have been around for a long, long time.

(...)

Back in the day,(...) heroin was very popular and then became less popular. And I think I shared on one of your shows that when marijuana began becoming more popular and in demand, it actually drove the popularity of heroin, opiates like heroin into a lower need or a lower demand in our public.

(...)

Then prescription drugs came about in say the last ten years.(...) In the last ten years, we've seen a huge spike in the abuse of prescription drugs like OxyContin.

(...)

And what happens is that's like a prescription heroin drug.(...) And when you can no longer get the prescription, you'll find yourself on the streets seeking out heroin. Other people will tell you, well, have you tried heroin? And they'll say, no, I would never do that. Well, it's the same thing, the same effect. And so here are people that have never used heroin in their life, are now using heroin, sticking a syringe in their arm. And the astonishing part for me is the age difference.

(...)

We often saw 30,(...) 40 year old heroin addicts back in the day. It is not uncommon to see heroin addicts under 18 in America today. And that's a huge problem. And as I mentioned before, it's also a huge problem with our society in terms of death and overdose.

(...)

I mentioned before that heroin overdose has surpassed fatal car accidents in America. Now just think about that for a minute, Pam. That means that more people in America are dying from accidental overdose. Because I say accidental, because often people who overdose from heroin or other opiates were not planning on overdose.

(...)

I call it Hollywood suicide or accidental. They took more than they should and it causes death.

(...)

That is bigger than car wrecks in America.

(...)

And I get really concerned that the treatment community(...) is not catching up with that kind of issue or that kind of problem.(...) And so that really concerns me.

(...)

And back growing up, I would visualize a heroin addict and I saw them like a skid row alcoholic,(...) poor on skid row heroin addict. And they were the bad people. They were because they were stealing and robbing and doing other things, prostitution in order to get their drugs. But today the price of heroin is so

low. And it's that part of the stigma and the problem why people are trying to ignore that there is a heroin problem because they're still stuck in the past thinking that a heroin addict is a prostitute or a criminal.

(...)

Yes and no. I think some of that behavior still exists.

(...)

Hardcore heroin users or hardcore opiate addicts. Understand that you end up taking a pain prescription like OxyContin. Within six months, you're addicted.

(...)

You're in trouble. And you start using your resources,(...) borrowing, begging,(...) even talking mom,

(...)

grandmas into loaning you money. And that money goes to the prescription drugs, which are very expensive on the streets. And then you can't get no more money. So boosting, they call it boosting, is where you get items and take it back to the store.

(...)

And you might go to Macy's and steal something and then go back in there and return it and then use the money for the drugs. Or you might start stealing or you might start selling drugs or you might start doing some kind of criminal behavior to get the income to pay for the habit. And so that still exists.(...) What we do have though is what you're talking about is we have upper middle class opiate addicts too. These are people that have jobs. It's not uncommon for a doctor or a nurse. It's not unheard of for them to come through one of my treatment facilities for help because these are professionals that had access to painkillers, picked up a habit, continued, and then got caught. And neither are going to lose their license if they don't get treatment and help and or already lost their license. We see many upper middle class people addicted. We see people who are even seniors addicted. It's not uncommon for me to see a senior come into my facility who started out taking pain medications in a pain clinic and became addicted and began to abuse. And then the physician in the pain clinic says, I'm done. I'm not going to prescribe to you anymore. You're abusing.(...) Now they go on the streets or they start selling things to get illegal pain killing medications from the streets. They sometimes end up in my treatment center or one of the facilities that I work with begging to help them because they've lost control over their life. These are middle class senior citizen professionals, adolescents. No, the faces have changed.(...) Addiction hasn't changed, but the faces have changed.(...) Thank you. It's really interesting. Another question I have for you. Do you think treatment for addiction is better today than back in the 70s?

(...)

I'd have to say yes and no to that.

(...)

That question conjures up some of my frustrations with modern day treatment.(...) In some areas like Boise, I'm going to pick on Boise a little. Now this is my home, so I'm picking on my own backyard.

(...)

I'm probably not going to help my job career in the future by picking on the treatment community.(...) There's the recovering community. There's the treatment community. And the treatment community, I think in the Boise area and Idaho itself, is a little bit behind times, if not a long way behind times because they don't embrace MAT, medication assisted treatment. I'll give you another example of my concern with treatment today.

(...)

It is impossible for someone who is addicted to heroin

(...)

to get help at a methadone clinic in Idaho,

(...)

and they don't have the resources of the funds to pay for it. Now if you are addicted to methamphetamine,(...) if you're addicted to alcohol, if you're addicted to other drugs, and you want to seek help and you don't have the funds to pay for that help, you can get funding through the state to pay for your treatment.

(...)

Here's the biggest problem we have in Idaho, is opiate addiction.(...) And Idaho doesn't recognize that these people need treatment if they don't have the funding. They cannot get help.(...) The problem that that creates is then the problem grows and grows. You can't get help, so you go back on the streets and either you're dealing or you're doing criminal behavior

(...)

or it just grows.(...) And one addict will infect 10 other addicts in one year time. So it's like you 10 times that problem, one person creates 10 more addicts within a year.

(...)

And so if you have 10,000 addicts times 10, you can see how that problem grows rapidly in our community. Old school treatment, as your question alluded to,(...) I thought was pretty good back in the day. Now I've been in the treatment field for over 35 years.(...) And back in the old days, we hired recovering people primarily. And they didn't need a lot of education. It was a good old boy that got into recovery, that decided to start helping other addicts and alcoholics. And the primary support was 12-step programs.(...) And there was an approach back then that we don't see nowadays, like confrontation.

(...)

Back in the day, confrontation just meant brutal honesty. Your counselor was brutally honest with you. If you were full of poop, your counselor told you you were full of poop. I think we're missing some of that. And in fact, what they call best practice approaches today does not embrace confrontation.(...) Confrontation is seen as a more abusive treatment form. And I agree. There are people that should not use confrontation approaches if they don't have the skills. The old idea was you don't tear something down unless you have the skills to build a backup.(...) And so there are people that might confront and do more damage if they don't have the professional skills and or experience to use that type of technique in a way to help. So we've kind of watered down approaches like that. We've kind of made treatment an easier, softer way.

(...)

And that works for some people.(...) Bottom line is that treatment for addiction is not a specific--

(...)

in other words, one approach doesn't fit all.

(...)

And so best practice is good then because best practice is saying that we have to create treatment plans that are individualized.

(...)

But that spills over into the regular treatment regime, where then you're trying to create treatment approaches that are not as effective. You have groups that are more didactic in nature than confronted. So I think there was old school approaches that were very good. And there are new school approaches that have some credibility, but the treatment is watered down a little more. I think that there's a little good from the past and a little good from the present.

(...)

I agree with you because I've been trained in motivational interviewing.(...) And when I started too, like you, 30 years ago, it was a big book, an aid directory,

(...)

and very little motivational interviewing or cognitive behavior approaches that we implemented.(...) It was individualized. And the person would ask me what I would suggest that they do. And I would go, well, what do you want to do?

(...)

It was more of an approach like they did in the program. We can't say you're an alcoholic. We can't label you.

(...)

Here's the evidence and help you see that. Yeah, you have a problem. And this is what I suggest you do. Also, just to make a little comment on what you shared,

(...)

the stigma--(...) an alcoholic, we're going to hurry up and rush him. A really chronic alcoholic in the light stages of his disease. And he's having DTs in his trouble. We're going to take him to the hospital. And the co-founders of the 12-step programs really were in to getting them into hospital and getting them the medical treatment. And like you shared, we have the funds for that. We helped them. But with the opiate addict, we should be doing the same thing. We should be getting them into your type of treatment program, ASAP, as soon as possible, and letting the experts like yourself and Dr. Bailey determine, is this appropriate? You're the experts. You're the ones that know that. Not me as a counselor. Even as a counselor, I'm not going to make any legal recommendations or medical recommendations.

(...)

So yeah, society needs to wake up and say, hey, let's do funding for treatment, opiate addiction, cocaine, alcohol, and let the experts decide what's appropriate, not us. Exactly. Yeah, that's perfect. There's another little twist that you remind me of, too, is if I'm going to go and I want to become a bodybuilder and I really want to build my muscles, when I go to the gym

(...)

and I want to find somebody that's going to help me, I'm not going to go to the skinniest guy in the gym. I'm going to go to the guy that has the big guns. And I'm going to say, how do I do that? Well, in best practice or modern day approaches,(...) often you hear in treatment nowadays is there's no support for 12-step programs.

(...)

They'll hide behind the idea that that is not treatment. That's self-help.(...) And so many treatment centers now avoid involving 12-step programs in their agencies. And I think that's a huge mistake. Because if you're treating that individual and then you have 12-step built into the program or as part of the program and they go to the 12-step program or meetings, they're hearing right from the source, from people they can relate, from people that are going to say things in a way that they can hear. It's like that bodybuilder.(...) If I'm going to get clean and sober, it makes more sense to me to listen to the guy who's been there and has achieved sobriety. And I think that we're hurting treatment a little bit by not doing that in today's efforts. And you're so correct. You're talking about a holistic approach. Trying to make a cake without the eggs is really very difficult. That's a good way. You're saying a holistic--

(...)

we treat the whole person and make sure all the needs are met. Exactly. Spiritual, physical, mental.

(...)

Excellent. And another question.

(...)

Can you tell us what you mean by your new campaign? Who really has a drug problem? Well, I gave you a little insight. I'm frustrated with government agencies in Idaho. I'm frustrated with the law enforcement in Idaho,(...) probation and parole in Idaho,(...) drug court in Idaho, because they don't embrace treatment, modalities that are proven for years. They have more research behind them than they have behind their modalities that MAT works, for example, for opiate addicts.(...) You have to understand that there's a train wreck.

(...)

When you're an alcoholic, you do damage to the brain. And you literally have a car wreck up there. But when you use opiates, you have a train wreck. It's a bigger impact on the central nervous system. And you need medication and the body. One of the reasons opiate addicts use over and over and over is to avoid what they term as dope sick, withdrawal. The withdrawal is terrible, terrible with opiate addicts. I want you to think about the worst flu you've ever had. Just try and conjure up what that felt like when you had it. Withdrawal from opiates is 10 times worse than that. And so you will do anything to avoid that withdrawal.(...) And you'll find ways to use again so you can avoid that withdrawal. You become so sick that you may need medication.(...) You may need a little more help.

(...)

That old joke that God gave the world 10 commandments, but he gave recovering people 12 steps because he knew he needed a little more.

(...)

It's true with opiate addicts. They need a little more. There's a train wreck up here. And medication is a modern day approach that can help stop the withdrawal complications,

(...)

get them out of that dope sick experience so that the counselor and the treatment people can start working with them. And you use that medication as a tool to help stabilize the patient long enough to get them strong enough. And then you get them off those medications so that they're free, not only from the original addiction, but free from the medications too.

(...)

What I hear from people in drug court, they're afraid to come to clinics that do methadone or suboxone because they've heard from the judges.

(...)

They've heard from their probation officers. They've heard from their counselors that they do not support that type of treatment.

(...)

So here you are trying to get clean. You have this train wreck.(...) Even with the pressure of the court system

(...)

that uses sanctions and incentives, the sanction is that if you don't stay clean, you get locked up. So they create that revolving door syndrome. Or they'll stay clean for a while. But once they have the pressure of the court off them, they relapse. This is a hideous addiction and it needs support like medication(...) to give them long-term cleanance over time. So I get quite frustrated that if you're looking for help and you don't have the funds to pay for like methadone, you can't get it in Idaho.(...) And if you're on probation or parole, you get pressure. You get threats from probation officers and parole officers. You don't go there. We don't believe in that. Or if you're in drug court, you don't do that.(...) It's inhumane to make somebody sick purposely.(...) So if you're in drug court and you--(...) or you get arrested and you're in a methadone clinic(...) and now you're arrested,(...) you go through withdrawal again.

(...)

And the jails--

(...)

I will give credit where credit's due. The Ada County Jail is pretty good at working with methadone clinics so that if the patient is arrested for whatever reason, that the clinic can bring their medication to them to prevent the withdrawal. But there are some agencies that don't. And they literally cause you to become sick. And that's inhumane to me. So there's many, many frustrations I have with government agencies. And you know, with smoking, they help us get off nicotine.(...) They give us medicine and pay for it for free.

(...)

So if they get that picture that nicotine-- opiates are worse than nicotine. Well, I've been smoking. I've been off of nicotine now for four or five months using vaping. And I would not have been able to do it without some help.

(...)

This is another area where I might get in trouble with your audience, some of them anyway. Is that--(...) you can't-- and in the recovery programs we talk about, you can't think your way into a new way of living. You have to live your way into a new way of thinking. But if you look at the Department of Corrections or Drug Court, they use approaches that literally say, if you think like me, you will be OK.

(...)

And it's not about living differently. It's like you have to think like normal people, whatever that is. And so they have exercises,(...) cognitive behavioral therapy, or similar approaches that are telling the addict that you have to change the way you think.

(...)

Well, we learned a long time ago you have to change the way you live.

(...)

And the thinking will eventually follow.(...) So I think that's some of my frustrations.

(...)

Well, with the information that you're providing, hopefully out there, we're going to be able to make some positive changes to help the opiate addict get some help. Really glad that you came here and shared this with us today.

(...)

One last question for you. What would you say to a mother out there that is, as a child, who's addicted to opiates and she's tried to get them in treatment before and it hasn't worked? And any other comments you'd like to give to our viewers before we close?

(...)

Well, I'm going to use an old school approach, and that's called tough love.

(...)

We used to teach parents to utilize tough love with addicts,(...) especially in the 80s and in the 90s. And I think that there have been some good that comes out of those approaches.

(...)

Where I'm at with that concept today is that you can love people the right way and you can love them the wrong way.(...) And what I mean by loving someone the wrong way is by helping them. If you're continually helping them, giving them money, getting them out of trouble,

(...)

helping them beat a sentence.(...) To me, that's loving them the wrong way. Allowing them to face their own consequences from their own behavior is not that bad of a deal.(...) And we can actually love people the wrong way to the point that they may die by our rescuing and enabling and codependency. So I say, let's love them the right way by saying, I will help you by helping you get into treatment. Treatment works.

(...)

Sometimes it might be two or three times in treatment before it works, but you just never know.

(...)

Thank you, Don, for joining us today. I really enjoyed this with you. Wonderful information. We'll follow up next week with this with part two featuring Dr. Jeff Hartford.

(...)

We'll be discussing this in more detail.

(...)

Thank you for joining me today. And join us on Facebook. Time to heal and watch our shows on YouTube.(...) Remember, if you're struggling with addiction, you're not alone. That God can get you through anything. You're never alone. There's always someone out there to help you. Oh, one more quick thing I want to remind you. If you do want to speak with Tocono Don, please call him at 808-419-2142.(...) That's 808-419-2142.

(...)

And don't give up because your miracle is on its way.

(...)

He knew he could trust us. With his child from the past.

(...)

There's no rest for the weary.

(...)

Where as one cries,(...) says, follows enough.

(...)

The pain draws deep in the heart of a mother.

(...)

He has Creator's Journey by Tocono Don. This nightmare may have made her question her fate

(...)

But I have no doubt that in heaven for earth God has a special place

Episode 07:

[Guitar music]

(...)

That little child that you gave to her Who she loves beyond words(...) Is now someone she doesn't recognize

(...)

You're flying higher than the birds

(...)

He is a slave to disease That's so very cruel

(...)

Lord she's trying to protect him Isn't that cruel?

(...)

Hello everyone, welcome to Time to Heal. My name is Pam Hemphill. On this show I bring you the dark side of addiction to a whole new life By providing you with some recovery solutions.(...) Today this show is dedicated to mothers Who have a child still struggling with drug addiction. You may have tried to take them to treatment or maybe treatment didn't even work. Maybe you've tried to save them by bailing them out of jail Or giving them money or letting them live with you. All of us mothers have tried everything we possibly can to save our child And nothing has worked. So today we're going to discuss how we have enabled others to continue using And what can we do. So my guest today is Lisa.

(...)

She will be sharing with us parts of her own recovery story And how she is dealing with a daughter who is out there using drugs.

(...)

First, Lisa, she shared with me before we started this show How she was able to get clean and sober And it was, she has seven years

(...)

And she shared that she used everything from meth to alcohol, you name it. So Lisa, would you mind sharing off, starting off, excuse me, my mouth today is dry Starting off by sharing with us what led up to you getting clean and sober. Well, Pam,(...) it's a long history.

(...)

I can remember really starting to drink alcohol when I was really, really young(...) With my dad and my grandpa

(...)

If I went to the refrigerator and got the beer I could open it and take the first swig So I really liked that a lot

(...)

And then just that kind of escalated(...) It was a weekend thing at school, you know, we'd all get together And this was junior high And that's what we would do Get drunk and smoke pot

(...)

And high school came and I started to experiment with other drugs(...) And alcohol just wasn't my vice anymore And I got into a really bad relationship at 15 And it lasted for 12 years So in that relationship, I really, I really actually could say that that was my, that was my numbing If I wasn't drinking alcohol, I was doing dope And by doing dope, that means that I was snorting math I was a speed freak And whenever I did, I did it alcoholically You know, I did it to the extent of blacking out to the point of no return So what led to it is many years knowing that I had an issue Switching one drug from another and always going back to alcohol You know, the scientists and researchers say that women become more, let's say, more for, far gone Quicker than that of men So I would say probably within a year's time after I'd moved to Idaho, I was drinking on a daily basis Waking up with the hair of the dog and I had my cocktails, you know I knew I could get my speed going in the morning and I'd come down to my alcohol at night And that's just how I rolled for a long time

(...)

Consequences, you know, they intensified Didn't matter if I didn't have food in the house for my kid or I didn't know where my kid was at I always had alcohol You know, I spent more and more time in jail, DUIs And in the very end, I'm not ashamed to say because it's a part of my story And I hope it helps others to know, you know, the bottomless pit that the disease of alcoholism and drug addiction is Is I started putting needles in my arm

(...)

So it was just a train of events, it was how I coped with life It was my solution to not feeling and thinking about what I'd let my life become and what I've done to the ones that I loved Especially my daughter That was a really hard one for me There were times in her life that she stayed with grandma and grandpa while mom was in jail Or it was just really convenient for mom to leave her at grandma and grandpa's house while she went out and partied

(...)

So what led to me getting sober was just a chain of events And in the very end, it was just hating myself enough that I just didn't want life anymore And just couldn't seem to either pull the trigger or, you know, go head on with that semi

(...)

And so then here I am, you know, it took me nine years It took me nine years to be really willing to put down everything I thought I knew in life to say, "Hey, you know, will you teach me?"

(...)

And seven years later, I'm still at that level to where I'm teachable

(...)

You know, in my program and in my spiritual life and with everyone I come in contact with

(...)

You know, we're all each other's teachers here And when I can remember that, I believe that's when I grow the most and that's when I have the most to offer

(...)

So I believe that my purpose is sharing my story, not regretting my past nor with wishing to shut the door on it

(...)

It makes me very strong You know, there's a passage in a certain book that I read and it talks about, you know, that my true dependence upon the creator of the universe And gives me true independence in this lifetime

(...)

So I'm well here When I'm not here and doing what I need to be doing, you know, and doing that next right indicated thing, I'm not well anymore I go back to my sickness and I know it's waiting for me I know I need to remember where I come from, you know, the harm that I've caused, especially to myself Because we don't look at that We don't look at the harm that we caused to ourself, that self-hatred, you know

(...)

So that's pretty much my journey with, you know, my drugs and my alcohol And where I allowed my life to go due to the sickness within me Yeah(...) You mentioned the self-hatred, what was the self-hatred?

(...)

Well, I think it started off as low self-esteem, you know, I was always a people pleaser(...) I always wanted you to like me and I'd do anything I'd do anything as long as you liked me, you know, even if you might have been a bad person, you know, please like me You know, and I really do believe that that's a self-esteem issue

(...)

I moved around a lot as a child, I was an only child, very lonely child(...) I know mom and dad did the best that they could with what they had and what they knew Really, there was alcoholism in the family(...) And so, you know, it just, it was that self-esteem

(...)

And then knowing that I was allowing certain things to happen in my life

(...)

I was violently abused, you know, for 12 years from my ex-husband, you know And what I realized in my recovery and my healing is I allowed that Because of my sickness within myself with my low self-esteem

(...)

I do believe this today and so that's my part That's the part I have to own up to I don't have to own up to anything he's done to me I have to own up to what I allowed to be done to myself

(...)

And to own up to that, I can grow in self-love To have this contact and this relationship with a higher power and other women in my life I learned that self-love to know that I am so much more(...) More worth someone's toxic abuse

(...)

Words,(...) physical abuse, any of that Any kind of toxic situation

(...)

So that was the form of self-hate What I allowed to become, what I allowed myself to become And what I allowed others to do to me In the name of, "Will you please like me? Will you please accept me?"(...) So, "Will you please love me?" "Will you please love me?" "There's no love inside of me" So you're going to fill that up And what you're sharing now is you have a higher power that fills you up Yeah, yeah You want to share a little bit about that relationship and how that developed for you? Well, I know that, I know years ago when I was growing up still a bit at home Mom and Dad were born and raised in a certain religion Very strict religion And so there was some circumstances, some experiences that had happened in life That really left my mom very angry

(...)

She always gave me the choice(...) She says, "Lisa, when you're old enough, you can have the choice to pick whatever God you want"

(...)

And I know that had to have been a divine channeling It just had to, especially from the religion she grew up in And I always thought it was a curse So I'd go to Sunday school or I'd go do this with friends And they always seemed like they had this thing that I didn't have

(...)

And what I realize now is I always had it

(...)

The biggest experience and the best memory that I can remember is when I was about 8, 9 years old

(...)

And this is when I can really actually say that yes, my higher power was everywhere

(...)

I would go on my own, just little trips I'd take a lunch, you know I'd go down to this creek and it was like my journey

(...)

And I was kind of like Journey into Narnia And when I was there, I knew I was not alone The animals were there I know that there were spirits, angels, fairies, whatever you want to call them But the big hole of it is I knew that this source was all around me and I was protected there

(...)

I've studied religions And I take things(...) In a book that I use in my recovery, it talks about Look to see where religious people are right And make use of what they have to offer So I've done that I've researched different religions in the world, different cultures

(...)

Different tribes around the world And one thing that I see that's true and right and just is we take care of one another

(...)

You know, no one goes without You know, when we're really looking at the spirit of God So I know that for me, my higher power is everything

(...)

Good and love, compassion I know it dwells within me I know that's what makes me strong And that's what you credit to your recovery Definitely, definitely(...) Yeah Just another quick question I'd like to ask you, Lisa, if you don't mind Regarding your daughter, how do you do that?

(...)

What led up to you realizing that your daughter had a drug problem?(...) Well,(...) I got sober when she was 12

(...)

And I was in a halfway house for nine months after that And after that I ended up getting my own home And Harmony got to come back home and live with me She'd been with mom, her grandma

(...)

And she started She started, you know, let's just say, experimenting You know, and dabbling a little bit of this, dabbling a little bit of that And school started to not become a priority(...) And her grades started going down and I knew something was going on I look back and that's huge, you know, that's huge And how I find solution as well with all different things in life is to remember(...) You know, and relate So I remembered and I related to where I was at I'm 12 years old, you know, my grades dropped, I stopped going to school You know, my behavior changed So I looked at this in her and I knew She overdosed on some Freon, she was a huffer back then You know, and she hung around, you know, really good group of kids I mean, they all had good hearts, but they were all experimenting With all this bad stuff, you know, kind of like I did when I was younger

(...)

And it wasn't an issue, I wasn't really I wasn't really drinking or doing any of that stuff to push away any type of pain, I don't believe I think it was just, you know, that experimentation of, oh, wow, this is fun And then I saw what it did to me(...) So I think that's kind of where she was at, you know, and 14(...) I think it was 14, 15 years old So there had been about two years of it

(...)

And there was an incident that had happened that told me this is enough I have got to do something for my daughter, you know, because I could yell all I want I can tell her no all I want, you know, but until I actually fully start taking some action to try to help her It's just going to stay the same So she went in, she went into a juvenile treatment facility for four months And she learned things there

(...)

I learned things while she was there because I was still new in my sobriety And after she had gotten out and come home, you know, things were really good She had this good head on her shoulder

(...)

The intelligent young woman, I know that she is Caught up two years, she was behind two years in school(...) And she caught up with her class, she got to start her senior year as a senior, you know, and little by little

(...)

She even got on the honor roll

(...)

And this is all her doing(...) So, you know, this shows me what the disease

(...)

This shows me what the disease is all about It wants us

(...)

And so when I see how beautiful we are

(...)

And how messed up it gets us

(...)

You know, she dabbles(...) She's been hooked up in the system forever You know, minor in consumption, you know, drinking and getting caught for it as a minor And, you know, I... Can I stop you for a minute? Can you explain to the mothers out there what dabbling is? A lot of them may not know for sure(...) Take a clean inch or something Well, like the dabbling, you know Maybe that wasn't the right word, control(...) You know, I can do this and still be alright But I think it's the curiosity of

(...)

You know, I go back to where I was at, you know Oh, wow, that might be better than alcohol

(...)

So she was experimenting with different drugs Experimenting with different drugs, exactly Today there's so many different names out there Dabbling could be a name of a drug Oh, right Well, that's what I thought So she was dabbling in different things Different things, exactly, you know, and Do you think she somehow, too, like a lot of us women Carry that low self-worth, we're wanting to be loved We want to be loved and accepted Well, she's touched bases on it with counseling And they got trapped, of course, into the diction Exactly

(...)

You know, and I can't call her an alcoholic or an addict You know, and it's been researched, you know, that There's a line we cross Some of us don't cross that line(...) So I hope and pray, you know, whatever it is in her life Doesn't take her up and over that line

(...)

For me, it was abuse That shook me up and over that line(...) And there's some in our family, both sides of the family There's some that it didn't hit, you know, and others, full-blown So, you know, she's still,

she's beautiful You know, she still takes care of her appearance And she still wants good things in her life She can go with time without it And then it's what we call Ben, you know,

(...)

Benj, whatever, you know, I'll show that I'm okay And then I don't really have a problem with this And then all of a sudden I'm off on a Benj I'm doing really horrific things(...) Not remembering She's very open with me You know, you are sharing a story, I heard from a lady from Facebook That that's exactly what her son was doing And he overdosed the accident Right, right That's the whole thing Right,(...) right That's the whole thing of it all You know, and so for me It scares you It scares me It scares me Because I look at three times I overdosed You know, and there was one time I may not have made it If I didn't pick up the phone and call somebody Because it scared the hell out of me What can you do? I can't, all I can do is love her All I can do is love her and lead by example All I can do is take care of me And love her You know, and I know I can feel, I can feel that woman, you know, that mother's intuition You know, when it's really, really bad and it's just, you know, in a manipulation game

(...)

What are some of the manipulation games? Oh, I don't know, I know we all know the guilt trip, don't we? Oh, that's the best one, I love that call You know, I wouldn't be like this if it wasn't for this Or the apple doesn't fall too far from the tree Well, do you ever feel that guilt because if you had men and an alcoholic or an addict You know, I don't know I don't know Because if you had men and an alcoholic or an addict, maybe she would Oh, I went through it, I went through it It was part of my recovery, part of my, you know, part of those steps towards healing And I looked at it It was a huge, huge part of looking at myself that I cannot make up any time And I cannot go back and change it It is what it is today It is not your fault No, I did the best that I could with what I had at the time that I knew how It is not your fault, right? Let me hear that

(...)

It is not your fault We can't cure it No We didn't cause it You know, and I know that I can't say it's, you've had enough All I can do is pray for her safety But as mothers, we do carry that, don't we? Yeah There's something I can do to fix it Oh, yeah, I, you know, because before Grandma Drag, my mom just passed away Oh, I'm sorry I went through, thank you, and I went through a time with Harmony back last year

(...)

And it came to a point to where I was getting just as sick as she was

(...)

Not saying that she was sick, but at the same time you put us both together and we're sick We're both sick, so I, you know, I gotta own my part on that one And I knew that just living together was not a healthy thing And it was an argument that I kicked her out It wasn't a rational communication or rational conversation It was my sickness, yelling, "Get out! I can't handle this anymore!" And she went and lived with Grandma

(...)

Grandma wants to make sure she's okay, you know, that I guess she can call that what we call today enabling But she did it in love, I know this And what I have in recovery, what I have in, you know, in different programs Is that by me enabling, I'm just keeping that person sick

(...)

This I know today(...) And trying to wean her off of grandmother's enabling

(...)

Has been the hard part for me When to say yes, when to say no You know, so I grow, I continue to grow and take care of me I do, and sometimes it is hard Because I don't know when to say no sometimes And I don't know when the proper time is to say yes(...) You know, and all I know is that when we're together we have a good, we do have a good relationship She's been very open with me all her life Sometimes she tells me more than I really want to know But it's like, if that's what she needs to do to know that I'm here And that's okay with me So what would you say to our mothers today that are out there that have a daughter or a son that's, you know, using heroin And they're doing everything they can What's the first step you would recommend for them? What's the first thing you'd say to them to do?(...) Well, I, well, what was done for me, you know, there's a program out there

(...)

You know, for families of, you know, people that suffer from addiction and alcoholism It's a family disease We're all affected(...) You know, and if we don't get help ourselves, we're going to, we're going to internalize that

(...)

You know, as parents, as brothers and sisters or coworkers or whoever comes in contact

(...)

So I think self-help, you know, getting help for, for ourselves to know that, no, it's not our fault You know

(...)

And to really find that place within ourselves knowing that there's really nothing that we can do but love from a distance

(...)

One of the programs talked to detach with love

(...)

You know, and that was really hard for me before And now I can actually say that I, I do You know, I, I want to interfere and I don't(...) When the phone call comes, then I can lead by example

(...)

You know, my son's been drinking himself to death now for maybe four years And I did everything you're not supposed to do I know that the 12-step family group principles, I've been to the meetings But it's my son and I loved him and I took care of him, I gave him a place to live, I gave him money

(...)

And love, you know, if they say love is not enough, love does not cure this disease And somehow it's this part of us that they think if I can just do this and this They're going to see something, they're going to see that, how special they are No, not with alcoholism and drug addiction, it doesn't matter Until the person's really ready to do something for themselves There's nothing as a parent or spouse or anyone can ever do for them That's why the first step says I'm powerless over alcohol and drugs You know, and the second step says come to believe that a power greater than me can restore me to sanity Not my parents or my husband or my wife, you know, a power greater than myself can do this It's been tough, I know, for you, I've struggled with the same thing You're not alone, there's a lot of parents out there right now I get a lot of, you know, messages from people wanting to know what to do It's the same problem with the same answer You've got to go to a 12 step family group to get help I couldn't do this by myself We've got to find a spiritual solution, you know, and... God could and would if sought Yeah, definitely, yeah

(...)

I know, but, you know, I've got a magic wand I have one too You do too? I like to just wipe, you know, to hear it, you're fixed Yeah, that's me interfering though Yeah, see, exactly Yep, that's their path Exactly, yep, I was protected on my path It made me the beautiful, strong, sacred woman that I am today Just like you And what you found, hang on to it Look at you, you're glowing, you're a beautiful person today Anything else you'd like to, your last comments to our viewers or shows coming to an end?

(...)

What would you like to say to the mothers and fathers out there?

(...)

Or don't give up

(...)

Don't give up, you know, and...

(...)

There's hope There's hope

(...)

But we've got to know that it's...

(...)

We can't do it for them(...) Nobody could do it for me

(...)

Mmm

(...)

It took me to hit that inside bottom Mmm And yeah, I may not want that to happen to my children Because I have a pain, and I don't want to see my child go through pain

(...)

But I know that that's made me whom I am today Mmm

(...)

And if that's what it's going to take for my daughter to become a strong, strong human being I... I can't interfere

(...)

I just pray for her safety

(...)

Yeah

(...)

Well, thank you so much, Lisa You're truly a blessing

(...)

You're a wonderful mother Thank you Wonderful person You're helping a lot of women

(...)

There's no mistakes Yeah There are a lot of women in my life Mmm hmm And you're touching them and killing them Yes

(...)

Thank you, honey I'm blessed to have you here

(...)

And to my audience, thank you for joining me on my show today

(...)

Be sure to join my group Time to Heal on Facebook Or watch my shows on YouTube Also, if you're struggling with an addiction and you want to become free Remember, that desire must come first from you If you take one step towards God, he's going to take 20 towards you There are thousands of us out there that are cleaning this over And doing this one day at a time through a 12-step program It works for many If it's worked for me now for almost 35 years, it can work for anyone

(...)

Just know that, you know, that you don't have to do this by yourself

(...)

And to the mothers out there that are suffering and praying for the child Our prayers are with you

(...)

Remember what Lisa shared today that sometimes our loving is not enough We have to get help for ourselves Just try to remember that you didn't cause it You can't control it and you can't cure it Remember, God can get you through anything You're never alone Just pick up that phone and call So don't give up because your miracle is on its way

(...)

Save me from the grips of the demon's hands(...) Please bring him back home to her For she no longer can But mother's love is a blessing

(...)

Sometimes it's not enough(...) She needs to help you alone

(...)

Cause love can't be so tough(...) She's sinking out of the way

(...)

Of such a heavy burden

(...)

She's tired to go

(...)

And her heart is burning She's sinking out of the way

(...)

Of such a heavy burden

(...)

She's tired to go

(...)

And her heart is burning

(...)

She's tired and scared

(...)

With nothing left to gain I ask you to love Please let her try your luck

Episode 08:

(...) [Music]

(...)

Hello, welcome everyone to Time to Heal. My name is Pam Hemphill and I'll be your host. On this show I bring you the dark side of addiction into a whole new light by providing you with some hope and some solutions on how to stay clean and sober one day at a time.(...) So today I have two guests with me, Dr. Jeffrey Hart-Ford who is a family practice doctor and expert in addiction who is also board eligible in addiction medicine and Don Tennyson also known as Chicano Don who is a recovery himself for 35 years and has been working in the field of addiction now for the past 35 years. He's also the executive director of Bow Creek Bella Vista Recovery Centers here in Boise, Idaho.(...) So today we're going to pick up where we did on episode seven where Don and I discussed the main problem that we're having here in Idaho who is the person that really has a drug problem. So I'm going to start off here with Don and let him start sharing what's going on here in Idaho. Well like we talked about Pam the last show you know I have like a new theme who really has the drug problem in Idaho and the reason I have that theme is because I get concerned that we still are not treating as many people as we should.(...) You know we used to talk about reducing the recidivism of addiction through the Department of Corrections or through other means. The idea and back in the day when we did a lot of prevention work was to reduce addiction. In my view addiction has continued to grow and grow and grow especially in Idaho and I think some of the reasons is because we still have a lot of ignorance about treatment,(...) a lot of unknowns about the modalities or what treatment is best for this. You know because we know that not one size fits all in treatment. It's not an exact science. We're dealing with human beings and so sometimes treatment has to be keyed as to that type of addiction and that type of person.(...) So I get concerned that we really are still behind times like with other states. If you go beyond the Rockies for example, methadone is very well accepted and methadone is a treatment for opiate addicts. I mentioned on one of your shows that overdose from opiates has surpassed fatal car wrecks. That really concerns me. That means we have countless people dying needlessly.(...) In fact I'd like to ask the doctor to talk about medications that can save lives that we're still behind times in Idaho. We're behind times in Idaho for many reasons. There are people that don't embrace for example medication assisted treatment. It's not embraced.(...) Often methadone is seen as just creating a a crutch for the addict instead of seen as a medication that can help the addict and I get real concerned that(...) we have government agencies that don't support that type of treatment. Really if I may be bold and radical Pam and you know I'm capable of that. I think sometimes we're helping addicts die in Idaho because we're so close-minded about modalities or treatment approaches. That's why I chose to do it. I completely embrace it that have now even educated school teachers have educated

(...)

parents and parent groups about how to utilize this medication to save somebody's life.(...) That's why I said it's overdose has surpassed fatal car accidents in America. All these people are dying because we're not taking the action that I call him doc call instead of Dr. Harf. I just refer to him as doc because these medications that he's talking about could save countless lives. It's just I just don't get it. Yeah we have a small group out here trying to bring that medication out here and that group is small and I have put word out. I've talked to a lot of people I've even been down to the city hall. Nobody wants to discuss it and what I'm getting is it costs too much money to train the those that are on the front line. Is that true? Does it cost a lot of money to train them? I mean what do parents need to know? Is this a myth? No it's a very easy

(...)

medicine administration. Simply give them a shot under the skin and it works immediately. You need to call 911 or get some assistance because it wears off pretty quickly too. And so if someone's in a remote area and they only had one or two shots of Narcan they might not be able to reverse the effects long enough until help with oxygen and the ability to aid respirations arrives.

(...)

But what a lot of parents wouldn't know is it's going to immediately reverse the effects of the opiate and so they're going to wake up they're going to be breathing but they're going to be in pain they're going to be acutely withdrawing you can be quite uncomfortable.(...) Yeah so there has to be appropriate training and it just concerns me that we can save countless lives if we took that kind of action open-mindedness if you will in in our own state. It just concerns me so much and you know I know of cases that have died here because they were an overdose and often you know their death certificate doesn't talk about that. And I'm sure if we ask people to volunteer to help with the training we got a lot of good people in Idaho they would come out and help with the training but it's getting it out there and getting people involved and calling our senators and our representatives and saying hey let's do this let's do it now what are we waiting for? Part of the effort is what we describe as harm reduction and in this situation it's death prevention. Yes. And so there are many forms of harm reduction needle exchanges that could prevent people from using dirt and needles and passing on HIV or hepatitis C.(...) Medication assistant treatment prevents relapses and overdoses and it's I think it's a very useful modality. The New England Journal of Medicine just came out with a position paper addressing it because obviously most doctors in the country don't have a good idea. They have a strong opinion about whether it's right or wrong and the public has a strong opinion but I believe with a little more education they could see they would prevent a lot of deaths they would prevent a lot of disease and suffering.

(...)

Do you think part of it could be too that the stigma that we still have heroin addicts you know can you speak a little bit about that what's our problem why is there such a stigma out there?(...) Oh um my experience when I was at Ray's the bottom you know it would be early in the morning people would become in acutely withdrawing and they were miserable they were in pain they were throwing up diarrhea goosebumps runny noses felt horrible hadn't slept in days and so their family their friends could see how really sick and miserable they were and a lot of the heroin addicts would tell me that they they couldn't really get high anymore but they couldn't quit because it was so uncomfortable and it just became the sole focus of their the the scheduled prescription medications are recorded at the pharmacy other doctors can get into that data bank and you can see a patient's profile of how many doctors they see how much of a medication they get it's been really helpful for doctors seeing new patients to just tell that patient you know I don't think I can take care of you. Now if I may chime in though there's also the dark side to that that's a beautiful program that the pharmacist pharmacies have so that you can track a patient that's what we call doctor shopping and and so the problem is is not all doctors look at that now if it's a doctor in a methadone clinic that's almost automatic that they look at that. Oh I didn't know that. Yeah and they'll look at it automatically to make sure that their patient isn't still receiving a prescription somewhere as they try and treat this patient it's part of the assessing it's part of of making sure that they bring no more harm to that patient but if a patient is doctor shopping and goes to a new physician to get that prescription that doctor may not check thinking it's just a brand new patient and so there's some enabling through being putting the blinders on there some enabling that can happen there that's why doctor shopping is popular with abusing opiate addicts because they know that they can get away with that and so that concerns me

the dark side.(...) Medicine is so fragmented now though there people have two or three or four specialists to deal with the different problems and a lot of times you're in there seeing your cardiologist and you say hey I'm out of this medication will you refill it and it's it's done that way.(...) Part of the problem with seeing that list that a person is in denial about how they're getting their medications

(...)

they're not at that point of acceptance where they're willing to let go of that crutch and get into recovery is they just hit a closed door with nowhere to go.(...) Doctors could learn more about 12-step programs more about we don't have very good treatment facilities or programs in this state a lot of the most all the big programs in the country are in the south

(...)

or back east the cost of living is lower.(...) And that goes to the stigma again. Yeah and so a person comes in they've been seeing a lot of doctors whether they've had multiple surgeries or whatever I think a physician is going to be a little judgmental protecting their license or ability to prescribe and just not offer any help. Whereas I think a better approach if doctors were more comfortable with recovery and addiction medicine including if it needed some kind of medication assistance and they were aware of places to refer to rather than just saying no to that person they'd be able to direct them to a better treatment or a better plan.

(...)

And Don you know we were talking earlier we still have this stigma and this belief that methadone is still a drug and it causes the result revolving door that's why a lot of people go in and out of treatment and methadone is not appropriate. Can you elaborate a little bit more on that and get rid of that myth?(...) Methadone is not appropriate? No that methadone no they're claiming that methadone keeps the person from obtaining recovery in the long run. Yeah a little article I had to read what he was saying about it. Right and and Doc brought up a beautiful term that's considered best practice nationally that's called harm reduction and he mentioned the needles program that was very popular in places like Seattle and and it's the harm reduction it caused in this greater Seattle area is it reduced the spread of AIDS and many other illnesses even though some people might say well you're not really doing anything in fact you're giving them needles so you're keeping the problem going. Well harm reduction takes an approach to try and you know do something about the damage that's growing out of control by reducing that harm.

(...)

And methadone for example or suboxone medication assisted treatment these are are medications that for me I'm a recovering alcoholic and addict and and that sobriety has to be the top of my list and so I feel strongly about education and prevention and addiction medicine but I have to take care of myself first and so it may be that I leave allopathic medicine and get more into a naturopathic approach where we just say you know medicines are appropriate in some situations but we've we've gone off the deep end for pharmaceutical companies and we're causing ourselves more problems than we're correcting we're basically prolonging life but we're not really enjoying life and people that I see in recovery have got they're free they're free from alcohol pills heroin and the whole world is open to them and so if it you know if I feel that the counseling piece needs to be developed that more the education piece you know prevention courses in high schools the the judicial system has to change I mean the the risk of addict or alcoholic just going right back to jail is so high it seems inhumane and so if everybody could get to know someone who

is humble enough to identify themselves that I have this disease of addiction I have this disease of alcoholism but I don't drink and I don't use but I still have this disease and that's my treatment is rather than taking more medicines I'm getting away from them I'm letting nature take care of me it it develops a more spiritual type of life

(...)

and so that's probably the important part.(...) Well thank you both I've really enjoyed this feeling very enlightening for me and thank you my audience for joining me today please join me on time to heal on on Facebook also if you're struggling with addiction and you want to become free remember that desire must come from within you have to hit bottom Bill W said that until a person is sick and tired of being sick and tired they much we could do but as these two gentlemen share today there's hope and there's a way out don't let your pride and your ego get in your way pick up a phone and call someone for help and remember your miracle is on its way

(...)

she's sick and out of the way

(...)

on such a heavy burden

(...)

she's tired and her heart is hurting

(...)

yeah

(...)

[BLANK_AUDIO]

Episode 09:

(...) ♪ Fall down ♪ ♪ There's freedom waiting in the sun ♪ ♪ When you let your walls fall to the ground ♪ ♪ We're here now ♪ ♪ We're here now ♪ ♪ This is where the healing begins ♪

(...)

♪ This is where the healing starts ♪ ♪ When you come to where you're broken with them ♪ ♪ The light meets the dark ♪ ♪ The light meets the dark ♪ - Welcome everyone to Time to Heal. My name is Pam Himphill and I'll be your host. On this show, I bring you the dark side of addiction to a whole new light.

(...)

Today's show is gonna be about letting out your secrets.

(...)

As that is where the healing really begins, where we start to share about what we've really been through and what's happened to us.(...) This show is gonna be dedicated to those who've been physically, emotionally, and sexually abused growing up.

(...)

I'm gonna share how I feel, in my own opinion, how abuse sometimes can be connected to addiction problems. This is gonna be my story.

(...)

I'm not gonna speak to you as a counselor or an expert in the field of child abuse. I'm only gonna share my own experience, strength and hope.

(...)

How I've been able to get through the pain and heal from some terrible childhood abuse and how I have been able to continue to stay sober through the healing process.(...) This is not gonna be easy for me to share because as a child, I was told to not talk.

(...)

But I have learned in recovery, in order to heal, that you must break a few rules.(...) And I learned it was not to talk, not to trust anyone, but it's okay to trust somebody. Trust your sponsor, counselor.

(...)

Start trusting someone and start feeling those feelings.

(...)

Somebody said to me, "If you don't feel it, "you can't heal it."

(...)

So the rule I'm gonna break today is I'm gonna talk and share with you a little bit about me. But also I wanna add, there are a lot of those out there that have never had that much childhood abuse or maybe none at all, and they still have addiction problems. So I brought on two guests today, one who has experienced some child abuse and is growing up, and another one that says that he really didn't have that much child abuse. But they're gonna share their recovery story with you.

(...)

It's really important, that's why, for the steps to be part of your healing process.(...) They help release you from resentments and they'll free you from the past. They help you heal current relationships, past relationships, but most important, they bring you closer to God.

(...)

So here is my story. I wanna start off by asking you to close your eyes and visualize the year 1957 in Fresno, California.(...) I'm five years old and my mother's living alone(...) with four children at that time.

(...)

My father had already left us and she was with another man at that time who had already been to prison at one time(...) for sexually abusing girls.

(...)

My mother was going around and she was kidnapping children and torturing them and having us watch them.

(...)

Very painful to talk about.

(...)

The next morning, after witnessing this,

(...)

I went to my stepfather and I told him what my mother was doing and he called up my mother and he said, "Wenita, you need to know "what your daughter's telling me. "This sounds really crazy."(...) And she turned to me and she says, "Oh, Pammy, you make up the cutest little stories."

(...)

I don't think children can make up those kind of stories at that age because we didn't even have television back then and there weren't books or magazines that showed you that kind of abuse.

(...)

But my stepfather left and after he left, my mother took me and she pulled my hair out. She pulled all the hair out of the back of my head. She put me up against the wall like I was a mop. She beat me so bad, I almost died. I was left on the floor for hours before somebody came home in a pool of blood.(...) She also tortured me at times and left me in closets. She used to bring me out of the closet from the dark and put a flashlight in my eyes and say, "See, the light hurts. "Believing in God hurts, so don't believe in God." On and on and on. She used to also share with me and say, "You were a mistake. "You should have never been born. "I wish you'd just die. "I wish you'd kill yourself."

(...)

The next few, I don't know, I'm trying to remember, two or three weeks, my brother came to me and he asked me to walk with him to this church.

(...)

And as I went in this church, I saw this man hanging on a wall and I said to myself, "What is that?" And I sit next to this lady and I was really puzzled, so I asked her to tell me, "Who is that man up there on this cross?" And she said, "This is a man that loves you very deeply "and he died for you." And I've never forgot that. I hung on to that. Something happened that day. I connected with the higher power

(...)

and I know that's why I'm here today, because of him.

(...)

I went on with my life in and out of foster homes and sexually abused by my stepfather up until age 13, until he was arrested for killing a molesting a five-year-old.

(...)

At 13 or 14, I'm not sure, but I was in another foster home, sitting on a bus stop and two men stopped and asked me for some directions and they tricked me and pulled me into their car and kidnapped me. They kept me for two or three days and beat me and molested me all during that time. Later, I found out after being found beaten and banded in the back of an old car, the police and the detectives said that these two men were wanted because they'd been going around and killing molesting little girls.

(...)

I could go on and on. I have been terribly abused in other ways too,(...) but I'm here and I'm here because of God. I know that.(...) And I don't care what you've been through and how bad your past has been, you can recover, you can get sober and you can stay sober.

(...)

In August, August 10th of this year, I'll be going on 35 years of recovery, one day at a time, because of a 12-step program, because of the love of people and because of the love of my God.

(...)

Also, I want to add and just share with you that at 18, I wanted to become a nun and it didn't work out. I remember the priest told me, Pam, you need to go get some education or something, but I felt rejected by God. And I remember meeting this girl, we got drunk, we went into this bar and it turned out to be a nude bar.(...) So I ended up working in nude bars for a while.(...) I know that sounds strange, but that was my life. I wanted to be a nun to work in nude bars. Oh well.

(...)

That's just part of my story and I'm not proud of it, but that's where I've come from. At 19, I got married, had two children and lost those children because of my alcoholism and my drug addiction. My daughter was only six weeks old and my son was a year and a half old.(...) And you know, I never got those children back(...) and that hasn't been easy to deal with at times. It's been very painful,(...) but I have a relationship with them today. I love my children.

(...)

I went back to school and I got my degree as an alcohol and drug counselor and I've been working as an alcohol and drug counselor now for over 30 years.

(...)

Trying to think if there's anything else I'd like to share with you. A lot of pieces are still missing of what I wanted to share, but I want to go on and hear today my guests and hear a little bit of their story too. But I just want to plug in there and tell you no matter what you've been through, you can get clean and sober and you don't have to do this by yourself. There's a lot of help out there. There's a lot of people who have suffered too and have been through tremendous pain and abuse from their parents.

(...)

So reach out and call somebody and get some help. So I want to start, turn now and talk to Jay. Jay shared with me before the show that he didn't have any physical or emotional abuse growing up as a child, I'm going to talk to him and find out if that's true.

(...)

So Jay, will you share with our audience a little bit about yourself and your drinking history?(...) - Yes,(...) different in respect that I didn't pick up a drink until I was age 18.

(...)

I went off to college at the University of Idaho.

(...)

I was born and raised in a LDS family and they didn't believe in drinking and whatever.(...) I tried it once at about age 15.

(...)

I got in the grain bin and my dad used to stash his 742, he called it, that's the Idaho code name for 20% fortified wine, I drank his bottle and I missed three days of school in a row, sicker than a dog. I figured I'll never touch it again.

(...)

But when I went off to the University of Idaho,

(...)

he said it's time to experience life.

(...)

That's where I got addicted, I guess, to alcohol. I'm sick, I ended up in the Moscow City jail several times and over my drinking career, I've been in jail 11 different times, all because of drugs and alcohol.(...) And I can go on naming the counties that I've been arrested in, but we don't have time for that.

(...)

You know, I had serious problems. I mean, four DUIs and I just couldn't handle(...) my drug of choice at all.(...) And I didn't know it.

(...)

Didn't know it, but finally, as early as 1972,

(...)

a judge decided that he ought to sentence me to a 12-step program, and that's a long time ago.

(...)

And I never heard of it before, but I decided I better do it. I wanted my driver's license back and I wanted to clear up all this crap so it would never happen again.

(...)

And he, I don't know, he knew something that I didn't know and I never did know it for another 10 years until it got really bad.

(...)

Bad enough that I walked through the doors of a place called the Grapevine Club in 82,

(...)

and finally was able to a 12-step program to get a handle.

(...)

How my drug of choice, six and a half years, and then they call out a relapse.

(...)

And I relapsed for two years.

(...)

By the grace of God,

(...)

something happened that I got back in,

(...)

the program,(...) and I had one short, one night stand

(...)

after that,(...) and again, I don't know why.

(...)

I haven't had to pick up a drink since November the 4th, 1990.

(...)

I'd had six and a half years before and I attended for six months a sentence of this 12-step program in Colorado.

(...)

But you gotta wanna stop whatever your addiction is,

(...)

and most of us don't want it. I know it took me forever, but I had to get hurt bad enough emotionally, most of it. I'd hurt other people, my family members, divorces,

(...)

and my children too, I'd hurt them,(...) terrible. I woke up enough to realize what I was doing.

(...)

Now, my dad never did hit me, but my mother was given charge of my upbringing,

(...)

and yeah, she's taken a stick to me more than several times, but always because I had it coming,(...) and I did not consider it abuse.

(...)

Anyway, I've been in this 12-step program now for 23 years this time,(...) and it works. Why, I don't know. It doesn't work for everybody, I guess,

(...)

but I have to keep my nose to the grindstone,

(...)

and I've had good sponsorship, upline sponsorship.

(...)

I have to put a lot of the success of my sobriety

(...)

to my sponsor has to take credit for that,

(...)

and you know, you're only a secret, you're a secret.(...) Yeah, we all have secrets, and I have to get rid of them. They had a,(...) they call it a four-step. It's an inventory process. We have to take a look at ourselves,

(...)

and a lot of us don't want to look at ourselves at all.(...) - Can I interrupt you for a minute? - You just, you said we wouldn't look at ourselves. Isn't that true that we don't even want to look at the abuse that our parents gave us, too? We kind of brush it off. Oh, it was her job. What did you mean by your mother beating you was her job?

(...)

- Oh, I ran away once. We went on the Snake River in a raft when I was only like 13 without permission.(...) Scared her to death. She'd had a couple of cousins drown in the Snake River. - Does that justify her beating you?

(...)

- With a stick?(...) I assume so. Bam, I could be wrong. - Back then it was the norm. Of course, today it's against the law. Today it is considered abuse. Back then it was the normal.(...) Get the switch, beat them. This is what is good for them.

(...)

- I agree, you're right. - I don't think that was good for you.

(...)

- Now, it caused a lot of emotional baggage. I had to do a lot of inventory. I don't know if we drink and use just for no reason, maybe to start off with, but you think there's been any hidden pain? - There's always a reason. I got tilted by my high school sweetheart. That's the major part of why I started drinking. And I mean, it hurt. I'm way too sensitive. Couldn't deal with it. I flunked out the first year at the University of Idaho. I mean, flunked out. I had to repeat most of my classes a second time. I couldn't deal with the pain.

(...)

I was incapable of dealing with the pain. I needed help then,

(...)

but I didn't know anything. I was ignorant, like most people back then, I guess.

(...)

- Okay. And I'll come back to you. Hold on. I'm gonna go over here to Carlos. Carlos, you wanna share a little bit about your childhood and what it was like for you growing up? - Yes, I was abused(...) during the age of seven, 13 years old. And my first drink was at the age of 13. - How were you abused? - Spoons, belt buckles, fist. Me and my dad actually fought toe to toe, fist to fist.(...) And I had my real sister and my half brother that I always had to protect because he always physically, manually abused him to the point to where I had to stop it, basically.

(...)

And the grace of God, I've been clean and sober six years.(...) 2007, coming up on seven. And I've been a deal a lot of stuff during my six years of sobriety. I've been in a lot of concerts, clean and sober, had a lot of fun without drop of alcohol in my system. And then when things got a little worse for me, I knew to go to a 12-step program, a meeting, basically.(...) Got a sponsor now. I do a little service work, keep myself. And counseling is one of them that keeps me clean and sober. - You mentioned earlier that you had a problem with anger. Does it make sense coming from a father that used to beat you a lot, that that would be the norm? How else were you ever taught how to deal with your anger? - Yes, that's correct. Other than aid and counseling, that is true.(...) Then also, too, I have a criminal record, the eight county,

been arrested 35 times on drug and alcohol charges. - 35 times? - Yes. - All drug and alcohol related? - Some were abusive to my spouses for domestic violence. I had my last one, 2007 November,

(...)

7th of November last year. - You are absolutely a miracle. Look at you now.(...) Wow. - Oh, yeah. - Yes.

(...)

Do you feel that your addiction was connected to your childhood in some way, that all that pain that you were carrying, that the alcohol and drugs helped release some of that? - Yes, like I said, I started at the age of 13, drinking and running and gunning and sat on the side of California on gangster.(...) - Yeah, when I look back, I thought, you know, drinking and using was a blessing. I needed medication back then with all the abuse I'd been through, but alcohol and drugs worked as a medication.

(...)

Worked really well.(...) They didn't know I needed help back then.

(...)

Yeah.

(...)

So what it's like for you now in recovery, what are you doing to maintain your sobriety? - Going to our 12-step programs. - Do you have a sponsor? - Yes, I do. - Have you done any work for your childhood abuse issues? Did you go to therapy for that? - I'm involved with therapy right now, counseling. - Oh, wonderful. Okay.(...) Yes.

(...)

Takes a long time, you know. But we heal from this.

(...)

Jay, you want to think again about your childhood and do you want to read? - I had a lot of pain.

(...)

I don't know, it's just like,

(...)

internally, I guess there was some reasons to cause it. Maybe I haven't got my finger on all of them. - Now we're not blaming alcoholism isn't because of childhood. I'm just sharing and wanting the audience to hear about that there is a connection. We needed to deal with the pain. It was really painful and I'll call numb that. - Yeah, that's a great idea. - Alcoholism isn't greeted by childhood abuse, but the connection.

(...)

- Well, I guess.

(...)

- There's other addictions, gambling,(...) eating.(...) Now I'm not going to say all people, but I have to include myself. Cause my memory of my mother, the only good memory is when my mother was making donuts.(...) Okay. She smiled. So there's a connection. The little girl saw that. Mama's happy eating because my mother was over 350 pounds. So food was a drug for her.(...) So what happens to me later? Well, I don't eat for years and years and years cause you can get high not eating. And then later I went to eating and got up to 210 pounds.

(...)

So I had a food addiction. My mother and my stepfather used to go out gambling in my teenage years. I saw a lot of that going on. And so what did I do later? I picked up gambling, you know, and what I have discovered all these addictions, whether it be gambling, food, shopping, sex addiction. Well, I mean, go on and on. There's a lot of addictions.

(...)

Are connected somehow to that past. Still trying to find a way to not feel those feelings.

(...)

Somehow I'm an escape artist. I also ran away a lot. Running worked for a long time. Just move. You know, a lot of us think that, oh, I'll get the right job. I'll get the right house. I get the right relationship. All that stuff is a false delusion that that's going to fix us. It doesn't fix us. Have you been through anything like that, Carlos? Thinking that if I get the outside in order, I'll be all right here?(...) No, it takes time for healing and stuff like that. Process out your abuse,(...) long period of time, one day at a time. But have you experienced trying to fix the outside? Yes, I tried. The inside with your outside stuff? Yes, I've experienced that before. Did it work? No, it didn't work. It's the new car. You know, the new car. It works for like two weeks, doesn't it? Then it goes away. I like the new cars.(...) Those are good fixes. What about you? Have you ever experienced anything, another addictions? Oh, I'm loaded with them. I don't know why. It's just I'm an addictive personality. I've heard it mentioned many times. I believe I am. I'm compulsive and obsessive.

(...)

I want. I want, want, want now.

(...)

I don't know why. And what does that want do? Does it get challenging? Oh, it never satisfies you.(...) The more you get, the more you want.

(...)

So part of it is a character defect.

(...)

I was told we had an empty hole here and we need to fill it up with God.

(...)

But we're trying to fill it up with people, things, places.(...) Oh yeah. Is that what you felt too? Well, of course. I was agnostic.

(...)

You were. So orthonaut. Believe it or not, after being raised in a church for 18 years,

(...)

turned me against the church and God and everything else. Spiritual abuse. I didn't even bring that up. Spirituality was, I went through a period of not having none. I didn't care.

(...)

You know, I can't be the best, then I'll be the worst.(...) We're extremists.

(...)

I believe that.

(...)

So how do you feel now about a higher power? Better off with it. I found it in a 12 step program, not in the churches.

(...)

And I looked at many other churches.

(...)

I even joined another one.

(...)

I didn't find God there. Where'd you find him? In a 12 step program.

(...)

Second step says, "We come to believe."

(...)

I got a choice. I can remain the way I am.

(...)

Or I can come to believe.

(...)

The higher power either is or isn't. And I was kidding myself that maybe there is, maybe there ain't or whatever.

(...)

And there ain't, either is or isn't. We gotta face that. And we won't, and so we're hurt bad enough.

(...)

Even though my story's not as rough as yours,

(...)

we all hurt. Well, I need to remind you in our audience that no matter what type of abuse you had, even if a father or mother never physically or sexually abused you, abuse is abuse, and it's just as painful and just as hard to get through. There's neglect. There's the parents never coming home, never being around. They're very rich. They got a lot of money, but they just hand you money. They don't give you love. They don't give you attention. They don't give you time. They just give you money. And that leaves an empty hole in the person.(...) So a lot of people don't recognize abuse(...) unless there's been abuses or sexual abuse, and that's far from the truth. There's other abuse that happens to people. Just not giving you attention can be abusive. It can hurt.

(...)

I remember my mother used to say, "If you could just be like Susie down the street."

(...)

I thought, "Susie down the street?

(...)

What do you mean?" You know, God, she's the one that was giving me the drugs.(...) (laughs) But she looked good.

(...)

Carlos, we're almost coming to an end. Is there anything you'd like to share with the audience? Somebody out there that's drinking and using right now, what would you like to say to them? If he needs

help, 12 Steps Program is the best way to stop drinking and ask for help. Pick up the phone, reach out to somebody you love and care about, don't drink. It's not worth it. It's not worth your time and getting trouble with loud first and not hearing voicey. They crack down on repeated offenders.

(...)

And there's nothing wrong with asking for help and getting counseling. Nope, it's a perfect thing for them to do. And it's okay to cry. Yes, it's okay to cry. Good, glad to hear you say that. And would you like to share-- I bet you got that problem.

(...)

And normally it ain't gonna happen so you hurt badly enough.

(...)

Then ask for help.(...) You gotta ask.

(...)

If you don't wanna ask, you're not gonna get it.(...) You gotta open your mouth and ask.

(...)

And then you gotta accept the fact that you got that problem and you gotta do something about it. That's a 10, 12 Step Meeting. That's a 10, 12 Step Meetings and pay attention.

(...)

- Thank you. - You're welcome. - I've enjoyed this today. You both are blessing. You know that? Miracles, we're all miracles.

(...)

Thank you for joining me on my show today.

(...)

Be sure to join my group Time to Heal on Facebook(...) or watch my shows on YouTube.

(...)

Also, if you're struggling with an addiction right now and you wanna become free, Bill W. said that each person has to hit their own bottom.

(...)

He learned back then that trying to help somebody that wasn't quite ready never really helped them. When he went to see Dr. Bob, there's a little clip on Bill W. the movie. I recommend that you watch it. Bill

W. goes to meet Dr. Bob. Dr. Bob's telling him, "What can you do for me? "I've had preachers, I've had psychiatrists, "I've had everybody try to help me "and nobody's been able to help me." And Bill W. said, "I'm not here for you, Dr. Bob. "I'm here for me." So that's why we do this one day at a time. We share this message, we do 12-step calls because you're helping me more than I'm helping you. And that's what you two have done for me today. I really appreciate it.

(...)

So first again, remember that if you wanna get clean sober, it has to come from you. You have to be, if you're ready, you take one step towards God and he's gonna take 20 towards you. He never gave up on me. I was in and out of the program for four years. The people in the program kind of gave up on me though. They kept saying, "I don't think she'll ever make it." They even placed bets, but God had a different idea, right?(...) Yeah.

(...)

So, again, it's been working for me for 35 years. It's gonna work for anyone. I had a thought there and I forgot what it was.

(...)

Stay tuned and listen to this beautiful song that was written by James and Karen Blair.

(...)

I wanna thank them. Thank you, James and Karen, for sharing your song with us. You're a blessing to our world and you're saving a lot of lives.

(...)

Remember,(...) no matter how far down you've gone, there's hope. You just make that one call right now, that terrible word that none of us like, help,(...) because it's there, but that's up to you.(...) You're never alone. So don't give up, because your miracle is on its way.

(...)

(water splashing) (upbeat music)

(...)

(upbeat music)

(...)

(upbeat music)(...) ♪ Cross the sun ♪ ♪ Love is blessing for you ♪ ♪ Life's begun ♪

(...)

♪ Until it's time for my life ♪ ♪ Cause I still believe ♪ ♪ The miracle that do come true ♪(...) ♪ Every time I look to you ♪

(...)

♪ So thank God I never died ♪ ♪ Remember this with you ♪

Episode 10:

caught in the heart of the night

(...)

Hello, everyone. Welcome to Time to Heal. My name is Pam Hemphill, and I bring you the dark side of addiction to a whole new light by providing you with some solutions on how we stay clean and sober one day at a time. I want to start off by sharing with you that heroin use has been on the rise since the year 2006.

(...)

In 2012, the National Survey on Drug Use and Health reported an estimated of 6,069,000 heroin users.

(...)

That increase was mainly driven by young users in the age bracket of 18 to 25 years old.(...) Additionally, from the year 2002 until 2012, the number of people diagnosed for heroin dependence or abuse has doubled from 214,000 to 467,000 people.

(...)

Young people in that age range who have sought treatment for heroin abuse has increased from 11% in the year 2008 to 26% in the first half of the year 2012, and this is 2014.(...) So it is really getting to be a terrible academic out there.(...) There's an old stereotype about the opiate addicts. Painting them as an old school street junkie who overdoses in the alleys and they got needles in their arms. This stereotype is not only wrong, it's dangerous. It differs people from recognizing the new opiates, especially the prescription painkillers and their non-medical use, and the new opiate addicts who are 30-something of age,(...) largely employed, and spending one-third of their annual income supporting their opiate addiction problem. So today's discussion is how we are treating the opiate addict, and specifically at Bow Creek Treatment Center here in Boise, Idaho.(...) I have two guests with me today.(...) First, I have Don Tennyson,(...) also known as Chicano Don, and who is the Executive Director at Bow Creek Residential Treatment Center, and Mike Biggins, who is the Treatment Supervisor and the Program Manager there at Bow Creek,(...) who are going to break down to you today the different types of treatment that they offer at their treatment center. So I want to start off by asking Don, can you give us an overview of the different kinds of treatment that you provide for alcoholics and addicts at your treatment center? Well, I will, and I'm glad you started us out talking about how much growth is happening on a daily basis with the opiate crisis we're in. We just ended the meth crisis, and now we're in the opiate crisis, and in my view, it's going to be, and it was already bigger than the meth crisis. And so if you remember how big that was, the opiate crisis is going to be twice that size. You know the analogy of tip of the iceberg, that when you see an iceberg, you're only seeing the smallest part of it above water. The biggest part of the iceberg is under the water, and you don't see that. And that's a good description for what's going on with the heroin opiate abuse in our country, especially in Idaho. The biggest part, we're not even seeing yet. And so we look at a lot of treatment centers like Bow Creek that are overwhelmed with admissions with opiate addiction, people wanting treatment because they can no longer control their addiction. They're just begging for, they have their life back. And as your statistics pointed out, many of these people are working class people,

professional people that have just lost control over their life, and they want it back, but they don't know how to go about that.

(...)

So what I like about Mike being on the show today is that he can drill down a little further as to the daily treatment going on at residential programs like Bow Creek, and he can let us know and let the audience know specifically the modality, the type, the approach. He can maybe even address the treatment regime a little as to what kind of schedule they're following. Because as you know, most addicts, they end up in a dysfunctional way of living.(...) And part of residential treatment that we don't talk enough about is once you're in a residential treatment, you're automatically putting more functional behavior in the addict's life. We're not, the counselors are addressing the dysfunction.(...) The counselors are addressing how they have to get back on the path of recovery so that they're not living in a dysfunctional way. Because you take the drugs out of them, the dysfunction is still there, and that's where the treatment, the counseling piece, can also help.

(...)

What I love about Bow Creek, Mike's approach, is he has a medical component, one of the few residential programs that I'm aware of, where they can take an opioid addict who is still using and bring them into treatment and use medication to stabilize them and then take the treatment approach.

(...)

So I'd like to pass the baton on to Mike and let Mike begin to describe and answer your questions about treatment,(...) the kind of treatment modality that he uses with opiate addicts and others. Mike, can you share with us what some of the practices that you use there, Bow Creek? Well, and I think Don had begun to speak to it. We have the medical component that we tie in with counseling, and what we know to be true is that if we pair the two, outcomes are increased.

(...)

And I know we're talking about opiates, but our medical component, we actually use medications for a variety of drugs,(...) tobacco, for instance, which is oftentimes overlooked. It's not at all unusual for somebody to be on lozenges or gum or shantex, it's just something similar. And the reason that we're seeing this is that we are witnessing a change, a change in the way that we have approached treatment. Historically, it's been abstinence-based, we pull you away from the means to use, and then you go through whatever pain and suffering there is, and then we will hammer away with some modality or some philosophies and that's supposed to heal you.

(...)

But just like with any other medical condition,(...) the more we know, the more approaches that we use, the greater the multidisciplinary team,(...) better the opportunity for success. So you're absolutely correct. You are meeting them where they are, not what you think they should be. Absolutely. Very client-centered. Bow Creek is client-centered, client-driven. We have a mass of staff out there that's absolutely amazing. And so everybody is on board with this idea that we meet clients where they're at, and then we work with them on modifying behavior. Now, Don spoke about the dysfunctional behavior, and that's maybe the cornerstone of our program, is we don't punish addiction. We recognize addiction as a disease, but we

modify the addictive behaviors that have come along with the addiction. The parts of a person's life that have modified slowly over time that move them in a direction that is not them. So we never, ever attack the addiction, but we treat it, and we work on modifying behavior daily.

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As a matter of fact, 36 hours per week at Bow Creek is dedicated to treatment groups. Plus we have individual sessions, access to medical,(...) six days a week on-site presence, 24 hours a day, seven days a week on call.(...) So there's really very little that a patient can experience that we can't address with them right at the moment of crisis.(...) Assisting them to apply skills, treatment philosophies, and giving them in a direction where they are self-soothing and addressing their own issues and making positive choices.

(...)

Can you break that down a little more for the audience? And Pam and I, we talk about best practice, science-based approaches in today's modern day treatment.

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When we talk about best practice like relapse prevention or MRT, can you break that down for us? How is that utilized in your treatment regime, and what does that look like? How do the patients get that? Sure, absolutely, and I love that piece because we do talk about best practices. Best practices are research-based programs that we know work. And Don has talked about relapse prevention, which is universal. We've used it for decades.(...) MRT matrix, dielectric, cognitive behavioral therapy.

(...)

We use programs that we know have proven results, and we apply those programs individually. So we may very well have somebody who comes in and needs mindfulness as opposed to cognition.(...) Somebody who is coming in as a part of a criminal charge, who needs more recognition therapy. Definitely everybody is in early stage recovery with us, so it's always matrix model. Redundance, scheduling, life skills,(...) self-care, hygiene in some cases. This is just wonderful hearing about this because a lot of treatments are so cookie cutter.(...) Knowing that you're offering all these different various things for someone, a holistic approach. That is so encouraging.

(...)

Another question I have for you, is treatment different with a heroin addict versus an alcoholic? Is there any? What's the difference there?(...) And that's a great question.

(...)

So we look at addiction just as the medical field looks at it. So everybody has a diagnosis based on their dependence.

(...)

So we would not necessarily approach alcoholism and opiate addiction identically.(...) We would recognize that there are varying experiences, varying problems that people have experienced. Symptoms. Yeah, symptoms.(...) I've heard, I'd like to ask both of you this question. Heroin is in detoxing and an alcoholic's detoxing, that the alcoholic could die physically?

(...)

Yeah, alcohol and benzodiazepines, that's what somebody can die detoxing from. Are you providing detox there per se, or you are? We do have a moderate medical detox.

(...)

So there is, based on our medical team's perception that it's safe for them to detox in a facility, they definitely do. Is a nurse come in and see them? Nurse, medical doctor.

(...)

As a matter of fact, we have not only nursing that's there, but also one of our nurses is one mile from the facility. So she's quicker than emergency response to the lead arise.

(...)

So maybe the difference you're looking at first, the medical aspect of what they need in order to detox, you take that part first. Yeah, the doctor has standing orders for the facility, but once they arrive at the facility, Mike and his team, the nurse, they take a hands-on approach with the patient and they're evaluating the new admit right away. For example, like you mentioned, we know that if they have a history of DTs because they're alcoholic, that makes them at a higher risk. And we need to get them on medications to prevent going into DTs or having seizures from the withdrawal of alcohol. As you mentioned, alcohol withdrawal can be life-threatening.(...) And where life is threatened with opiate addicts is from overdose. I don't know of any case that I'm aware of where someone dies from the withdrawal of opiates. They die from the overdose of opiates, but an opiate patient going through withdrawal is much harder for the clinicians to deal with because they are just as sick as one can be. They can't stand being in their own skin. They're much harder to manage. Whereas the alcoholic in withdrawal, they're not behaving wildly unless they're in DTs. But one of the things Mike's team does and the doctor does is they assess before they even arrive, the exact kind of history they have.

(...)

So then what happens, Mike? What happens after they're placed in there and there's evidence that it's safe to put them into the population, so to speak? And I'm going to digress.(...) What is relapse prevention? What is MRT?

(...)

The people in the audience may not know what that is. Well, how do you teach that? What does it look like? What does the patient get out of it?

(...)

So let's start with relapse prevention. And relapse prevention is exactly what it sounds like. We work with patients to determine what causes them to attach emotion to thinking, what causes them to trigger, be triggered by a desire to use, which becomes then typically a craving,(...) an internal force that says, "I have to use." So we work with all of our patients to determine the course, what we would call the process between thought and action.(...) Relapse prevention is then creating a plan, and actually a comprehensive plan, to reduce the opportunity for relapse. Really starting with removing the means. And we always say, "People, places, and things." That's what you have to change, is all the people, all the places, and all the things that are associated with your use. Get rid of the means. The opportunity to use is lessened. And then of course, it's comprehensive, so it's more than that. It's much more than that. It's about emotion. It's about holidays. It's about success. It's about failure. When somebody uses,(...) and for the most part, the folks who are coming to our program have at least a five-year use history, and oftentimes decades. So every experience they've had in that time was also associated with use. So everything is going to lead to a thought process of use.

(...)

So you help them identify what their triggers are and what their warning signs are. So when they do leave your facility, they have that awareness. They could be more mindful to modify where they're going and who they're talking to. Is that what you're sharing? Yeah, that's very well put. That's exactly it. And I do want to just jump back and say that in treating alcoholism versus opiate addiction, we have always felt that it was all right to medicate for alcoholism. Now, it started out with maybe an abuse, so you'll get sick if you drink. But there's this idea that medication was appropriate with alcoholism, at least in some format. What we find oftentimes with opiates is there's a resistance to providing medication.(...) And with opiates especially, it's not just brain chemistry that's affected. It's also the opioid receptors throughout the body. So it is extremely painful. Sensory pain has changed, the way they think has changed. So the opportunity to provide them a medication that allows naturalized brain chemistry so they can start reassessing their own.

(...)

And that's why my life is important and beyond important, something that we actually need to embrace. The idea that we can pull somebody from a 20 year opiate use,(...) bring them into the facility, get them stabilized and actually have them addressing emotions and behaviors within a seven day period is really unheard of. Because we could be looking at seven to 14 days of severe withdrawal, as Don was expressing, where they're just beside themselves. Everything is a crisis.

(...)

And family, how is the family involved?

(...)

So family, we integrate the family absolutely as much as possible.(...) We have the conversation with patients and again,(...) patient, client centered, patient centered.(...) So usually through the door, that's one of the first conversations we have. Oftentimes families with them, we have that conversation with everybody included. At least once a month, we have a family group, which has been just increasing in attendance. Over the course of the last several months, we have started to use technology. Of course, we have phone conferences that people are out of state, but we also try and use Skype and FaceTime and another number of things that allow at least face to face contact. Family sessions are important. This is a

family disease. We drop drugs and alcohol inside of the family and the family's behavior modifies. And once it modifies,(...) everybody has to heal to bring the family back together. Everybody has to be working on themselves. And we recognize that as a true recovery as the family has to heal. Yes, because you know the myth of what I've seen is family drops them off, fix them.(...) I'm okay. They've got the problem. Yes. But we've got to address that. Yes, and I think we do a great job at Bow Creek of that because we bring again the family in right away. And we work with the patients to really express the need for family. And of course, as you can imagine,(...) families are destroyed, not just injured, but in some cases, I mean, absolutely destroyed. So we want the family involved. We want this holistic approach. And holistic is not just grab a patient for 28 days and keep them out of society. It's restoration. It's restoring everything that we possibly can with them. Yes, absolutely. Because they've been told by the addict or the alcoholic, it's your fault. If you had done this, if you had done that, I would be okay. And so they've got a lot of stuff going on inside them. They need that help. And if I may throw in another way to look at that, too, is his team very successful in treating somebody and they graduate and they're on fire with their new life and their recovery. And they go home to a family that's still dysfunctional.(...) We've just set that patient up for failure. Exactly. So it's important. And when I said to you earlier on other shows about modern day treatment with modern day addicts, when he mentioned Skype, that's an example. He's not leaving out the family that can't come.(...) They're getting help through his team, even if they have to use Skype. I'm impressed with that. Yeah, I've never heard of that before.(...) That's wonderful. It's the beauty of where we are now. And then I've had the opportunity to talk to many people. We see online group sessions.

(...)

So bringing the family in is important to us. It's one of the mainstay philosophies of Bow Creek. And so we do exactly what we need to do to make that happen.

(...)

I have another question I want to get to. We're getting closer here to our end of our time. But I want to make sure I get asked you a few more questions here.

(...)

What would you do to improve treatment or alcoholism? And what would that be?

(...)

So if I could improve treatment,(...) first thing I would do is I would free up more state and federal dollars so that we can actually have people access treatment. And then the second thing that I would push for would be that we start moving in a direction that is truly what we say, which is best practices.(...) Best practices sometimes are limited to the things we want to force inside of our program. Because there will be a best practice that we can say this is what we're using. But best practices should be research based. And if we know that we need to provide life skills to the 18 to 20 year olds, as well as opiate specific relapse prevention, as well as life skills, that's what we need to be doing. We need to be opening up our minds. We need to move beyond this idea that we can just force somebody into this particular program and that's going to sober them up. And really moving into that is where I would love to see us. And we're there. We're moving in that direction.(...) But change takes time. And we still are fighting the stigma of drug addiction. We still want to criminalize that. As long as we do that, treatment will be much more difficult. Oh, so true.(...) And Don, how do you feel about this? Well, one of the things I'm excited about with M.A.T.(...) medication assisted treatment, even though it's not embraced here,(...) it's beginning.(...)

The awareness of it is beginning. And I think that's going to cause treatment in the Northwest to get better because then what we're doing, we say alcoholism is an illness, a progressive fatal incurable illness is what we used to say old school. But if it is truly an illness and we say addiction is an illness of the brain, the central nervous system, but truly is an illness, then it stands to reason to treat it medically. And Mike alluded to that. And what I like about M.A.T. and what's happening in the field, even though it's happening very slowly here, is that the medical piece is becoming more and more important in treatment. And so there should be a marriage between clinical and medical. And that marriage, as Mike alluded to, needs to be a healthy one. And the more that marriage happens, the better treatment can happen. Mike also mentioned a few minutes ago about what I call old school treatment. And they come into treatment and we try and convince them to stay clean and sober.(...) You know, you just need to not use. And for some people, they need medication to stabilize them long enough for the counselor to get through to them. And they're a denial and resistance to recovery. So medicine is a very important piece in modern day treatment.

(...)

And I love that piece. And I'm so glad that you brought that up because I've worked in the field for the last three years, I guess, now where we've always used medication. So sometimes it's lost on me that there's a number of facilities, likely everyone, except for three or four inside the valley, that don't use medication. And at Bow Creek, we definitely have the medical component. We have an addictionologist who determines what the best medical practice is. And in often cases with opiates and opiate addicts, it is suboxone and methadone.

(...)

I'm so glad you both mentioned this because that is really what is starting to happen. We're getting a more open mind. We're listening to the professionals.

(...)

And hopefully, you know, with you two coming on today and sharing this, more and more people will get a better understanding of what we need to really be able to help the heroin addict that's suffering today. I really appreciate both of you coming on today. You know, you're a blessing to the community.(...) I know I'm a blessing to him. Yeah, that's. Thank you very much for having me. Really, seriously, what you're providing is just wonderful.(...) I just want to share a little something here before I end.(...) Well, to my audience, I want to thank you for joining today. And please be sure to watch our shows on YouTube and join Time to Heal group on Facebook.

(...)

I also want to again thank James and Karen Blair for song that they donated to us. And I want to thank Monty Meyer of Take 12 Radio for all his support.

(...)

Will you please join me and thousands of others of what we talked about today and be part of the movement to get rid in our society, the stigma about addiction and, you know, addicts and heroin addicts and alcoholics.(...) As people who need help,(...) it's more of a medical problem, not a moral problem.(...) Wouldn't it be nice if everyone would look within their own hearts and realize that all human beings have

obstacles and challenges to face together? And that's why we're here today. We're here today to help raise their awareness from the moral issue of what's right and wrong towards a health care issue that people can have some healing and some hope back into their life.

(...)

Also, if you would like more information about the Bow Creek services, you can call them and their number number is two zero eight two zero eight four five nine four five nine one eight one eight eight three eight three.

(...)

And don't give up because your miracle is on its way.

(...)

But you start to fall.

(...)

That's to believe the miracle that you come true.

(...)

Every time I look to you.

(...)

Oh, my God.

(...)

Remember, like you're.

(...)

The day.

(...)

Here we go.

(...)

Every time I look to you. We see.

(...)

One of my. I. Do.

(...)

One of my.

(...)

Do.

(...)

Yeah.

(...)

Yeah.

(...)

My.

(...)

Do.

(...)

Oh. Oh. Oh, my.

(...)

I.

(...)

This.

(...)

Long.

(...)

Oh, yeah.

(...)

Well.

(...)

Now.

(...)

Oh, yeah.

(...)

Yeah. Yeah. Yeah. Yeah. Yeah.

(...)

Oh, oh.

(...)

Yeah. Yeah. Yeah.

(...)

Yeah.

(...)

Yeah. Yeah.

(...)

Yeah.

Episode 11:

caught in the heart of the night

(...)

Hello, everyone. Welcome to Time to Heal. My name is Pam Hemphill, and I bring you the dark side of addiction to a whole new light by providing you with some solutions on how we stay clean and sober one day at a time. I want to start off by sharing with you that heroin use has been on the rise since the year 2006.

(...)

In 2012, the National Survey on Drug Use and Health reported an estimated of 6,069,000 heroin users.

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That increase was mainly driven by young users in the age bracket of 18 to 25 years old.(...) Additionally, from the year 2002 until 2012, the number of people diagnosed for heroin dependence or abuse has doubled from 214,000 to 467,000 people.

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Young people in that age range who have sought treatment for heroin abuse has increased from 11% in the year 2008 to 26% in the first half of the year 2012, and this is 2014.(...) So it is really getting to be a terrible academic out there.(...) There's an old stereotype about the opiate addicts. Painting them as an old school street junkie who overdoses in the alleys and they got needles in their arms. This stereotype is not only wrong, it's dangerous. It differs people from recognizing the new opiates, especially the prescription painkillers and their non-medical use, and the new opiate addicts who are 30-something of age,(...) largely employed, and spending one-third of their annual income supporting their opiate addiction problem. So today's discussion is how we are treating the opiate addict, and specifically at Bow Creek Treatment Center here in Boise, Idaho.(...) I have two guests with me today.(...) First, I have Don Tennyson,(...) also known as Chicano Don, and who is the Executive Director at Bow Creek Residential Treatment Center, and Mike Biggins, who is the Treatment Supervisor and the Program Manager there at Bow Creek,(...) who are going to break down to you today the different types of treatment that they offer at their treatment center. So I want to start off by asking Don, can you give us an overview of the different kinds of treatment that you provide for alcoholics and addicts at your treatment center? Well, I will, and I'm glad you started us out talking about how much growth is happening on a daily basis with the opiate crisis we're in. We just ended the meth crisis, and now we're in the opiate crisis, and in my view, it's going to be, and it was already bigger than the meth crisis. And so if you remember how big that was, the opiate crisis is going to be twice that size. You know the analogy of tip of the iceberg, that when you see an iceberg, you're only seeing the smallest part of it above water. The biggest part of the iceberg is under the water, and you don't see that. And that's a good description for what's going on with the heroin opiate abuse in our country, especially in Idaho. The biggest part, we're not even seeing yet. And so we look at a lot of treatment centers like Bow Creek that are overwhelmed with admissions with opiate addiction, people wanting treatment because they can no longer control their addiction. They're just begging for, they have their life back. And as your statistics pointed out, many of these people are working class people,

professional people that have just lost control over their life, and they want it back, but they don't know how to go about that.

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So what I like about Mike being on the show today is that he can drill down a little further as to the daily treatment going on at residential programs like Bow Creek, and he can let us know and let the audience know specifically the modality, the type, the approach. He can maybe even address the treatment regime a little as to what kind of schedule they're following. Because as you know, most addicts, they end up in a dysfunctional way of living.(...) And part of residential treatment that we don't talk enough about is once you're in a residential treatment, you're automatically putting more functional behavior in the addict's life. We're not, the counselors are addressing the dysfunction.(...) The counselors are addressing how they have to get back on the path of recovery so that they're not living in a dysfunctional way. Because you take the drugs out of them, the dysfunction is still there, and that's where the treatment, the counseling piece, can also help.

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As a matter of fact, we have not only nursing that's there, but also one of our nurses is one mile from the facility. So she's quicker than emergency response to the lead arise.

(...)

So maybe the difference you're looking at first, the medical aspect of what they need in order to detox, you take that part first. Yeah, the doctor has standing orders for the facility, but once they arrive at the facility, Mike and his team, the nurse, they take a hands-on approach with the patient and they're evaluating the new admit right away. For example, like you mentioned, we know that if they have a history of DTs because they're alcoholic, that makes them at a higher risk. And we need to get them on medications to prevent going into DTs or having seizures from the withdrawal of alcohol. As you mentioned, alcohol withdrawal can be life-threatening.(...) And where life is threatened with opiate addicts is from overdose. I don't know of any case that I'm aware of where someone dies from the withdrawal of opiates. They die from the overdose of opiates, but an opiate patient going through withdrawal is much harder for the clinicians to deal with because they are just as sick as one can be. They can't stand being in their own skin. They're much harder to manage. Whereas the alcoholic in withdrawal, they're not behaving wildly unless they're in DTs. But one of the things Mike's team does and the doctor does is they assess before they even arrive, the exact kind of history they have.

(...)

So then what happens, Mike? What happens after they're placed in there and there's evidence that it's safe to put them into the population, so to speak? And I'm going to digress.(...) What is relapse prevention? What is MRT?

(...)

The people in the audience may not know what that is. Well, how do you teach that? What does it look like? What does the patient get out of it?

(...)

So let's start with relapse prevention. And relapse prevention is exactly what it sounds like. We work with patients to determine what causes them to attach emotion to thinking, what causes them to trigger, be triggered by a desire to use, which becomes then typically a craving,(...) an internal force that says, "I have to use." So we work with all of our patients to determine the course, what we would call the process between thought and action.(...) Relapse prevention is then creating a plan, and actually a comprehensive plan, to reduce the opportunity for relapse. Really starting with removing the means. And we always say, "People, places, and things." That's what you have to change, is all the people, all the places, and all the things that are associated with your use. Get rid of the means. The opportunity to use is lessened. And then of course, it's comprehensive, so it's more than that. It's much more than that. It's about emotion. It's about holidays. It's about success. It's about failure. When somebody uses,(...) and for the most part, the folks who are coming to our program have at least a five-year use history, and oftentimes decades. So every experience they've had in that time was also associated with use. So everything is going to lead to a thought process of use.

(...)

So you help them identify what their triggers are and what their warning signs are. So when they do leave your facility, they have that awareness. They could be more mindful to modify where they're going and who they're talking to. Is that what you're sharing? Yeah, that's very well put. That's exactly it. And I do want to just jump back and say that in treating alcoholism versus opiate addiction, we have always felt that it was all right to medicate for alcoholism. Now, it started out with maybe an abuse, so you'll get sick if you drink. But there's this idea that medication was appropriate with alcoholism, at least in some format. What we find oftentimes with opiates is there's a resistance to providing medication.(...) And with opiates especially, it's not just brain chemistry that's affected. It's also the opioid receptors throughout the body. So it is extremely painful. Sensory pain has changed, the way they think has changed. So the opportunity to provide them a medication that allows naturalized brain chemistry so they can start reassessing their own.

(...)

And that's why my life is important and beyond important, something that we actually need to embrace. The idea that we can pull somebody from a 20 year opiate use,(...) bring them into the facility, get them stabilized and actually have them addressing emotions and behaviors within a seven day period is really unheard of. Because we could be looking at seven to 14 days of severe withdrawal, as Don was expressing, where they're just beside themselves. Everything is a crisis.

(...)

And family, how is the family involved?

(...)

So family, we integrate the family absolutely as much as possible.(...) We have the conversation with patients and again,(...) patient, client centered, patient centered.(...) So usually through the door, that's one of the first conversations we have. Oftentimes families with them, we have that conversation with everybody included. At least once a month, we have a family group, which has been just increasing in attendance. Over the course of the last several months, we have started to use technology. Of course, we have phone conferences that people are out of state, but we also try and use Skype and FaceTime and another number of things that allow at least face to face contact. Family sessions are important. This is a

family disease. We drop drugs and alcohol inside of the family and the family's behavior modifies. And once it modifies,(...) everybody has to heal to bring the family back together. Everybody has to be working on themselves. And we recognize that as a true recovery as the family has to heal. Yes, because you know the myth of what I've seen is family drops them off, fix them.(...) I'm okay. They've got the problem. Yes. But we've got to address that. Yes, and I think we do a great job at Bow Creek of that because we bring again the family in right away. And we work with the patients to really express the need for family. And of course, as you can imagine,(...) families are destroyed, not just injured, but in some cases, I mean, absolutely destroyed. So we want the family involved. We want this holistic approach. And holistic is not just grab a patient for 28 days and keep them out of society. It's restoration. It's restoring everything that we possibly can with them. Yes, absolutely. Because they've been told by the addict or the alcoholic, it's your fault. If you had done this, if you had done that, I would be okay. And so they've got a lot of stuff going on inside them. They need that help. And if I may throw in another way to look at that, too, is his team very successful in treating somebody and they graduate and they're on fire with their new life and their recovery. And they go home to a family that's still dysfunctional.(...) We've just set that patient up for failure. Exactly. So it's important. And when I said to you earlier on other shows about modern day treatment with modern day addicts, when he mentioned Skype, that's an example. He's not leaving out the family that can't come.(...) They're getting help through his team, even if they have to use Skype. I'm impressed with that. Yeah, I've never heard of that before.(...) That's wonderful. It's the beauty of where we are now. And then I've had the opportunity to talk to many people. We see online group sessions.

(...)

So bringing the family in is important to us. It's one of the mainstay philosophies of Bow Creek. And so we do exactly what we need to do to make that happen.

(...)

I have another question I want to get to. We're getting closer here to our end of our time. But I want to make sure I get asked you a few more questions here.

(...)

What would you do to improve treatment or alcoholism? And what would that be?

(...)

So if I could improve treatment,(...) first thing I would do is I would free up more state and federal dollars so that we can actually have people access treatment. And then the second thing that I would push for would be that we start moving in a direction that is truly what we say, which is best practices.(...) Best practices sometimes are limited to the things we want to force inside of our program. Because there will be a best practice that we can say this is what we're using. But best practices should be research based. And if we know that we need to provide life skills to the 18 to 20 year olds, as well as opiate specific relapse prevention, as well as life skills, that's what we need to be doing. We need to be opening up our minds. We need to move beyond this idea that we can just force somebody into this particular program and that's going to sober them up. And really moving into that is where I would love to see us. And we're there. We're moving in that direction.(...) But change takes time. And we still are fighting the stigma of drug addiction. We still want to criminalize that. As long as we do that, treatment will be much more difficult. Oh, so true.(...) And Don, how do you feel about this? Well, one of the things I'm excited about with M.A.T.(...) medication assisted treatment, even though it's not embraced here,(...) it's beginning.(...)

The awareness of it is beginning. And I think that's going to cause treatment in the Northwest to get better because then what we're doing, we say alcoholism is an illness, a progressive fatal incurable illness is what we used to say old school. But if it is truly an illness and we say addiction is an illness of the brain, the central nervous system, but truly is an illness, then it stands to reason to treat it medically. And Mike alluded to that. And what I like about M.A.T. and what's happening in the field, even though it's happening very slowly here, is that the medical piece is becoming more and more important in treatment. And so there should be a marriage between clinical and medical. And that marriage, as Mike alluded to, needs to be a healthy one. And the more that marriage happens, the better treatment can happen. Mike also mentioned a few minutes ago about what I call old school treatment. And they come into treatment and we try and convince them to stay clean and sober.(...) You know, you just need to not use. And for some people, they need medication to stabilize them long enough for the counselor to get through to them. And they're a denial and resistance to recovery. So medicine is a very important piece in modern day treatment.

(...)

And I love that piece. And I'm so glad that you brought that up because I've worked in the field for the last three years, I guess, now where we've always used medication. So sometimes it's lost on me that there's a number of facilities, likely everyone, except for three or four inside the valley, that don't use medication. And at Bow Creek, we definitely have the medical component. We have an addictionologist who determines what the best medical practice is. And in often cases with opiates and opiate addicts, it is suboxone and methadone.

(...)

I'm so glad you both mentioned this because that is really what is starting to happen. We're getting a more open mind. We're listening to the professionals.

(...)

And hopefully, you know, with you two coming on today and sharing this, more and more people will get a better understanding of what we need to really be able to help the heroin addict that's suffering today. I really appreciate both of you coming on today. You know, you're a blessing to the community.(...) I know I'm a blessing to him. Yeah, that's. Thank you very much for having me. Really, seriously, what you're providing is just wonderful.(...) I just want to share a little something here before I end.(...) Well, to my audience, I want to thank you for joining today. And please be sure to watch our shows on YouTube and join Time to Heal group on Facebook.

(...)

I also want to again thank James and Karen Blair for song that they donated to us. And I want to thank Monty Meyer of Take 12 Radio for all his support.

(...)

Will you please join me and thousands of others of what we talked about today and be part of the movement to get rid in our society, the stigma about addiction and, you know, addicts and heroin addicts and alcoholics.(...) As people who need help,(...) it's more of a medical problem, not a moral problem.(...) Wouldn't it be nice if everyone would look within their own hearts and realize that all human beings have

obstacles and challenges to face together? And that's why we're here today. We're here today to help raise their awareness from the moral issue of what's right and wrong towards a health care issue that people can have some healing and some hope back into their life.

(...)

Also, if you would like more information about the Bow Creek services, you can call them and their number number is two zero eight two zero eight four five nine four five nine one eight one eight eight three eight three.

(...)

And don't give up because your miracle is on its way.

(...)

But you start to fall.

(...)

That's to believe the miracle that you come true.

(...)

Every time I look to you.

(...)

Oh, my God.

(...)

Remember, like you're.

(...)

The day.

(...)

Here we go.

(...)

Every time I look to you. We see.

(...)

One of my. I. Do.

(...)

One of my.

(...)

Do.

(...)

Yeah.

(...)

Yeah.

(...)

My.

(...)

Do.

(...)

Oh. Oh. Oh, my.

(...)

I.

(...)

This.

(...)

Long.

(...)

Oh, yeah.

(...)

Well.

(...)

Now.

(...)

Oh, yeah.

(...)

Yeah. Yeah. Yeah. Yeah. Yeah.

(...)

Oh, oh.

(...)

Yeah. Yeah. Yeah.

(...)

Yeah.

(...)

Yeah. Yeah.

(...)

Yeah.

Episode 12:

(...) [MUSIC]

(...)

[MUSIC]

(...)

This is a big epidemic now and parents need to come together.

(...)

[MUSIC]

(...)

[MUSIC] Drug overdoses are now killing more Americans than car crash.

(...)

[MUSIC]

(...)

[MUSIC] You're on the front line and I appreciate so much all the organizations coming together. And it really is what it's about for our government to work for this great country of ours and society we've lost. We can't afford to lose another generation.

(...)

[MUSIC] Thank you very much for what you're doing. [MUSIC]

(...)

[MUSIC]

(...)

Hello, welcome everyone to Time to Heal. My name is Pam Hemphill and I'm your host today.(...) I bring you the dark side of addiction to a whole new light.

(...)

I wanna share that we're in the midst of the worst drug epidemic in the United States history, now the greatest threat to public health.

(...)

I showed the Fed Up rally video right before the show started, in hope that the residents of Idaho will please join the Fed Up rally on September 28th of this year. The rally is gonna be followed by a march to the White House.

(...)

As I was going around town and talking to a lot of people, a lot of people are here in Idaho are not aware of this problem, not even aware of the rally. So I hope those of you today that are watching this show will take note of what we're trying to do here in the United States to help the in the alcoholic.

(...)

Yeah,(...) because I wanna get, we have a serious drug overdose epidemic, it's happening here in Idaho.

(...)

And if you wanna contact them and be involved, their website is www.feduprally.org. It's www.feduprally.org.

(...)

I know there's many of you out there right now in the front lines fighting to save lives.

(...)

And so the news that we got yesterday of losing someone dear and close to all of our hearts must have been shocking for you.(...) On this show, we wanna honor a great actor and to help those who may be suffering with depression or suicidal thoughts.

(...)

Or even those who are in recovery and afraid to share about what's really going on.

(...)

As of August 11th, the world was shocked by the news that the comedian and genius Robert Williams died of apparent suicide.

(...)

As the tragic news started trending, more and more people began to realize just how important the 63 year old performer was to their childhood and their overall lives.

(...)

One person took note of the impact Williams left on the world was President Obama, who immediately expressed his condolences to the family and friends of the Chicano born actor and comedian.

(...)

Our president's statement about Robert Williams will forever be in our hearts.

(...)

It could not have been said more beautifully. Thank you President Obama for your heartfelt words. And to all my Facebook friends who shared their pain and their thoughts about this great actor, thank you. I too grew up watching this great actor and at one point, I truly fell in love with him. My children used to come with me with excitement saying, Mommy, your favorite TV actor is on tonight. And whatever I was planning, I let go of it, dropped it immediately.(...) Just to watch his show, I love this man.

(...)

Robert Williams, you will forever be missed, but never forgotten.

(...)

With deep pain, I am sending prayers to his spouse, children, and family members.(...) We will love you forever and ever.

(...)

I'm gonna start off this show first by sharing with you some facts about suicide. And some information that can be found on the Center for Disease and Control Prevention. Their website is www.cdc.gov.(...) Here are some facts at a glance. I'm not gonna go into a lot of this, but I'm gonna give you a quick little overview.

(...)

Suicide was the tenth leading cause of death of all ages in the year 2010.(...) That's an average of 105 each day, and this is 2014, so we've had a lot more suicide attempts since then. It's an estimated of 8.3 million adults reported having suicide thoughts in the last year.(...) An estimated of 2.2 million adults reporting having made a serious suicide plan in the last year. There was one suicide for every 25 attempted suicides.

(...)

15.8% of students reported that they had seriously considered attempting suicide.(...) Suicide among males is four times higher than among females. That represents 79% of all US suicides.

(...)

And the reason for that, behind the males attempting suicide more than the females, females have a reputation of talking about their feelings, what's really going on inside. But with a male, a male is told, just boot it up, let it go,(...) don't talk about it, hold those feelings in, don't tell anybody that.

(...)

It's a shame issue, it's a fear that they may not be looked on as they're weak or something, which is far from the truth. So if you hear a man talking about suicide or(...) it seems to you to be very depressed, make sure you reach out to him and get him help right away.

(...)

Females are more likely than males to have suicide thoughts though. And this is another interesting thing I discovered as I was researching.(...) Among the American Indians, aged 15 to 34 years old,(...) suicide is the second leading cause of death. We need to do something and get out there and help our Native Americans.

(...)

I know too, as I worked in a Native American facility at one time, that the women there were dying so fast from alcoholism or drug addiction. It was unbelievable. They were not living past 40.

(...)

Among 15 to 24 year olds, suicide for 20% end up in deaths yearly. I could go on and on, how much a problem our society has today. And we're not talking enough about it. And why?

(...)

Well, I'll tell you why. It's a similar issue to the stigma for drug addiction and gambling and mental health. There's a shame behind it. A person is afraid to admit that they're having these kind of feelings and these kind of thoughts. Cuz they don't wanna be looked at as somebody not as well or whatever their problem is. But we need to work more on letting people know that sharing your feelings is not a shameful thing. Actually, it's a healthy thing.

(...)

The stigma that we have put on people has caused a lot of people to use drugs and to commit suicide way before their time.

(...)

It's terrible.

(...)

I know for myself when I was going into meetings and I was sharing that I was feeling suicidal and I had some time on the program. Nobody wanted to come and help me cuz it was scary. It frightened them. How could you have time in the program and be feeling suicidal? Well, I'll get into that in just a minute.

(...)

On August 10th of last Sunday, I celebrated my 35th year sobriety. I wanna thank my loving spouse,(...) my daughter, and my sons for all their support throughout my time sober. And especially my brother who has over 39 years clean and sober and his wife.

(...)

And especially those in the rooms of recovery. As cuz without you, I would never have made it this long.

(...)

You taught me to be honest with myself and that has saved my life.

(...)

So today I'm gonna share parts of my story and how I overcame depression and my suicidal thoughts.

(...)

Because depression was all over the Facebook today, I thought, you know, I'm gonna write a little blog about it and I'll share what I wrote to you. And what, you know, growing up I had come from the most terrible childhood you could probably imagine.(...) A mother that was a psychopath,(...) stepfathers that sexually abused me. I had been kidnapped and molested at one time. I spent my teenage years from age 13 to up to 18 in and out of foster homes in juvenile hall, running away from home. I never got an arrest. They always said that I was incorrigible.(...) But from the childhood that I was raised with, it makes sense that at age 13, I found alcohol and what a blessing because the alcohol saved my life. I needed medication, I was severely depressed and severely traumatized by the type of childhood I came from.

(...)

And so, you know, at that time not knowing what was wrong with me and coming across alcohol, it helped me with my depression and with my mental health issues seriously.(...) It was kind of somewhat of a blessing but almost took my life several times. I also overdosed once on LSD, I took 20 tabs. It's a miracle I'm here. So I wanna read this little blog real quick.

(...)

I thought it may be important to share my story and how I overcame depression. This is what I wrote. First, I was depressed for many years and I would go to meetings and I would start sharing how I wanted to kill myself. I learned early in the program not to hold back my true feelings. Cuz a lot of times in the meetings I'll hear people say, this is not a therapy group, well, there's no rules in the meetings. If you need to share what's going on, go ahead and share.

(...)

I stayed depressed for over 20 years and I got into therapy off and on. But those issues are hard to deal with and so a lot of us what we'll do will stop therapy and that's self abusive. It's the worst thing you can do.

(...)

Consider that almost a relapse. Go talk to your sponsor or someone and get back and get some help. You can't do this by yourself.

(...)

Most people will not be depressed for that long as I was. And don't compare yourself with somebody else because your recovery is not gonna be my recovery even though if a child or you bit, excuse me, even though somebody's been slapped on the face and with me, my hair was pulled off from the back of my head and beaten so bad.(...) It's still abuse, it still takes time to heal from those issues. So don't think, I'm gonna be in and out of therapy and depressed for 20 years in sobriety. No, that's not gonna happen to you. But for those of you that had severe childhood abuse, it may take a long, long time. And something I learned in recovery and going through this is what my sponsor shared with me. She said the pain is coming up to heal you. It's not coming up to harm you. It's so that when the pain comes up, it allows the joy that was stuffed as a child and the things that you went through wasn't able to feel the joy and the happiness. And so when you're letting go of the pain of the past and as it comes up, it feels almost overwhelming, like you're not gonna get through it. But you do get through it. And I brought my little friends here today, because this is what I do when I'm really in that deep, deep pain and I feel like God's not there. It's a whole, that only somebody that's been depressed and been suicidal, I had those thoughts, are dealing with such pain, know what I'm talking about. It's hard to explain. It's just so painful that you would do almost anything to get out of that pain. And committing suicide seems like the only option. Because you don't feel like maybe you've tried food, maybe you've tried gambling, maybe you've tried sex, maybe you've tried shopping and you've learned none of that work. Now here comes back this pain, right? But what you don't know, if you go through the process and allow yourself to feel that pain, what's gonna happen on the other side? You don't know what that is, cuz you haven't allowed yourself to go to the other side of that pain. You've numbed it or you denied it. And so what I do when I am in the middle of that pain, I take one of my little babies here and I hold them. And I hold them real tight and I rock if I need to. Cuz that little girl that was abused and that little boy that was hurt, didn't have anybody there to comfort them and help them get through this pain. They had to learn how to deal with it all on their own. But today you don't have to do this all by yourself.(...) This is one of my little things that I've learned to do. So again, remember when the pain's coming up, it's coming up to heal you, not to hurt you. And God will not let it come up until he knows you're strong enough to deal with it.

(...)

If what I'm sharing today can just say one person, I hope that that's what I've been able to accomplish cuz that's what my job is.

(...)

Another question came up in Facebook today was, does addiction feel mental illness or vice versa?(...) And I asked what are some of your thoughts and there were some mixed questions and mixed thoughts on this, a lot of people were confused. And let me just read real quick what I wrote, this was my opinion.

(...)

Let's start with a quote from the big book of AA, page 58.

(...)

There are those two who suffer from grave emotional and mental disorders. But they do recover if they had the capacity to be honest. I believe that some mental disorders are from birth, such as bipolar or schizophrenic, and emotional disorders are from childhood abuse.

(...)

Which a person learned how to survive using self destructive behaviors, such as alcohol, drugs, or food.(...) Therefore emotional disorders, just like mental disorders, what comes first? The chicken or the egg? Well, for myself, this is my own personal opinion, I'm not an expert in the field or anything, but the mental health issues. And for me, it was emotional disorder that came first.(...) And my alcoholism, my drug addiction came second. And as I shared earlier, that is why when I first found alcohol at age 13, it worked so well, I had such emotional emptiness and pain inside of me that it helped mask it and cover it up.

(...)

I was told by the old timers when I first started the program that I had to make my sobriety first, and that all the rest would be revealed, and it has. I later found that I didn't need therapy, and that I was very dysfunctional and very self abusive in my sobriety. Now, I was very self abusive while I was drinking and using drugs, but the pattern didn't stop just because I stopped drinking and using drugs. There's a saying in the program, you can sober up a horse thief, but you still horse thief.(...) So you got me clean sober, but I still had all this emotional baggage that I brought in with me that needed some healing and needs some work. [BLANK_AUDIO]

(...)

We are not experts in this field, a lot of us, but we can keep on sharing our own experience and share that with others.

(...)

Whether they choose to get in therapy, treatment, or a 12 step program is not up to you and me. All we can do, all our job is to let other people know that with God, all things are possible, that you can heal, you can get through this. And that life is worth living, and that God has a plan for you that is beyond your wildest dreams. If he ever told me I'd be sitting there doing a TV show, I never would have believed it. I still don't. I have to sometimes wake myself up, am I really doing this? Does this mean, yeah, God had a reason for everything. And I made a decision to follow him a long time ago and trust him. I heard something when I first sobered up that I've never forgotten. He had said to me, you just keep going to those meetings and I'll do the rest. And remember, all we do is this one day at a time. I can't stress that enough.(...) No matter how you're feeling, if you could do it five minutes at a time.(...) The main thing is to try to remember to not do this by yourself.(...) I brought something here real quickly to read to you. There's a quote from our beautiful Robin Williams.(...) And he said, Williams said he spent a couple of years thinking he could handle his alcohol problem on his own. But you can't, he says. That's the bottom line, he said.(...) You really think you can, then you realize I need help.(...) And that's the word, help. A lot of us don't wanna ask for it.

(...)

What choice do I have?

(...)

You know, in the program they said death, insanity, or prison.(...) There aren't too many great choices, are there?

(...)

But when you're telling somebody to give you their drugs and their alcohol and their gambling or whatever they're using, what are you saying to that person?

(...)

Are you saying that there's something better that I'm gonna replace it with? And I hope so, because that's exactly what the program told me. You know, you just give us today, one day at a time, and we'll give you back something beyond your wildest dreams. And there's one of those promises, there are several that I really like. One of them that hit me really hard when I first came to the program was, you will not regret your past, no wish to shut the door on it. Here I am, openly sharing with you some parts of my path. I'm not ashamed of it, and I'm not turning the door on it. Hopefully it can help another alcoholic and addict. And if it does, then I've done my job. Another one of the promises that I liked very much, that you will lose your fear of economic insecurity and fear of people will leave you. That has happened too, many more promises. Just by being willing to attend those meetings and be willing to work those steps one day at a time.

(...)

I'm not sure how much more time I have left. [BLANK_AUDIO] We have about five minutes. [BLANK_AUDIO] Okay, so I'm gonna start closing this show by saying a few more things.

(...)

[BLANK_AUDIO] First, I want you to know that on my shows, I'm here to help the suffering alcoholic and the addict in their family. I hold no personal opinion on outside organizations or their causes. I am here just to help inform the public about what is happening in our state as it relates to drug abuse or alcoholism.(...) If you're experiencing and hearing about a lot of drug overdoses,

(...)

[BLANK_AUDIO]

(...)

I want you to know that what makes this show more unique is that here I'm trying to share that people are staying sober, that we're offering you solutions.

(...)

We invite special guests here that appear on our show week by week,(...) hopefully to give you hope that you'll hang in there one more day with us.(...) And that recovery is possible.

(...)

[BLANK_AUDIO] I didn't get 35 years by closing my eyes. I had to do this one day at a time. And I never do 35 years. I don't know who can, but I can do today. But I don't do it alone. I can't stress that enough.

(...)

As they told me earlier in recovery, if you're sick and tired of being sick and tired, we have a solution for you. And it will never fail if you go about it one half the zeal you were trying to do when you were trying to get drunk and high.

(...)

As Dr. Bob says, your heavenly father will never let you down.

(...)

So I want to ask everyone if you please stay tuned after this show is completed and listen to this beautiful song In the Rooms by Richie Sorera.(...) I hope I said your name right.(...) Richie works with the Recovery Unplugged, using his music and groups to help heal, strengthen, and calm the spirit of the recovery and addicts.

(...)

And to my viewers and my wonderful Facebook friends,(...) thank you for joining.

(...)

And to my viewers out there, consider joining one of these recovery groups on Facebook, these people are wonderful. Every day they reach out daily just to help another alcoholic or addict who's suffering.(...) Thank you, thank all of you, you're a blessing, you're very special people.

(...)

And again, blessings to all of you and especially to those who have lost one from a drug overdose. Our prayers are with you. I also want to share about the addict's mom.(...) I have a little flyer here. [BLANK_AUDIO] About the addict's mom. What they're asking you to do is on September 1st, which is the National Recovery Month begins, they're asking you to light three candles. One for the addict who is currently using,(...) one for the addict that's in recovery,(...) and one is a memorial for an addict forever remembered and loved.(...) You can reach them at www.addictsmom.com.(...) Another announcement I want to share with you is there's a private group

(...)

where people could talk about people they lost to heaven because of the disease of heroin. You can go to their Facebook page,(...) www.facebook.com groups,(...) heroin memorial.

(...)

[BLANK_AUDIO] And also on the webpage to set up, we have a little flyer you can print out that gives you more information about our fed up rally that's coming up. [BLANK_AUDIO]

(...)

I also want to thank Monty Meyer of Take 12 Radio for all his support. He works hard to save addicts from the pits of hell by providing recovery topics that bring a lot of hope to others. Thank you, Monty Meyers, we love you. And stay tuned to hear a special announcement from our friend, Ralph Bedricks. He's out trying to make these beautiful educational videos that are reaching the suffering alcoholic and addict.

(...)

And be sure to join my group, Time to Heal, on Facebook, or watch my shows on YouTube.

(...)

Remember, God does return your calls.

(...)

So don't give up, cuz your miracle is on its way.

(...)

[BLANK_AUDIO]

(...)

[BLANK_AUDIO]

(...)

Hi, I'm Ralph Bedricks. Welcome to Grand Central Station, the train to be here any minute. So if you're ready to get your life back on track, hop aboard. Let's go to www.clearviews.info, where I'll show you how to sober today to make a better tomorrow.

(...)

You're ready to get your life back on track. Hop aboard the train coming in in about two minutes. Thank you, and have a great day, www.clearviews.info.

(...)

[BLANK_AUDIO] [MUSIC]

(...)

[MUSIC]

(...)

[MUSIC]

(...)

[MUSIC]

(...)

[MUSIC]

Episode 13:

[MUSIC]

(...)

[MUSIC] Welcome everyone to Time to Heal. My name is Pam Hemphill and I'm your host today. On this show, I bring you the dark side of addiction into a whole new light.

(...)

First, I want to start off by sharing with you, since some of you don't know my background, that I've been clean and sober now for 35 years. I'm a certified alcohol and drug counselor.

(...)

I have experience in helping those with gambling or problems, eating disorders, anger management, and more. I've worked in the field of addiction treatment for the past 30 years.

(...)

I'm still learning what to do and what not to do. I've read every book you can read on addiction and recovery.

(...)

You know, even with my knowledge and my experience, there's nothing I can do for my son. He's out there on the homeless on the streets, drinking himself to death. If I could fix anyone, it sure would be my son.

(...)

You know,(...) my brother too has been sober 39 years, and with me, I have 35.

(...)

I don't think God said, I think I'll get Mike and Pam clean and sober, but I won't help her brothers or her children. I don't think God does that.(...) There's a point where a person has to make a decision for themselves. They want recovery.

(...)

We're not anything special.(...) You know, I've read a lot of books. There's a lot of experts out there on this problem.

(...)

But, you know, so far, the solution from science, there hasn't been any.

(...)

So again, what I always tell people is same problem, same solution. God could and would have sought.

(...)

I want to start off today, and I'm going to talk about my favorite subject, God.

(...)

But first, I want to share something with you.

(...)

It's all over the news about our heroin epidemic in the Fed Up rally.(...) Adolescents are now using heroin at a higher rate, and babies are being born addicted, higher rate of suicide, higher rate of depression, mental health problems, riots, racism, wars, on and on. We're fighting everything and everybody.

(...)

What are the problems? Well, share some with you. We're asking for treatment to be more available for the poor people.

(...)

Racism, what is that? I thought it was gone, didn't you? War,(...) who's war?

(...)

Remember what Gandhi said, "An eye for an eye makes the whole world blind."

(...)

Homelessness, it's been here forever.

(...)

Babies addicted to drugs when they're born, it sickens me.

(...)

Drug overdoses, I'm having nightmares. On Facebook, I hear about a death every day.

(...)

People hating.(...) Now that's the real disease. That's the problem.

(...)

I want to talk to you a little bit about recovery for a moment, and then I'm going to come back to some of these issues.

(...)

Excuse me for reading when I'm talking here because I can lose my chain of thought, and I want to make sure I don't forget some of the things I want to share with you.

(...)

Dr. Bob, he was the founder with Bill W of our beautiful Alcoholics Anonymous program. He said, he made a statement in his own story. He said, "What did the man do or say that was different from what others had said?"

(...)

He said, "I read a great deal and talked to everyone he knew who thought they knew something about the subject of alcoholism.

(...)

But this man," he said, "who came to him," which was Bill W, "had experienced many years of frightening drinking." So back to the same thing. One alcoholic, one addict talking to another is the only thing I've heard of actually witnessed to see that works. It's worked for me when all else has failed. It's worked. It's pulled me out of the pits of hell when I was so depressed or feeling sorry for myself. Somebody would call me or I would call them or get to a meeting and, "Whoa, what a difference I would feel." I'll tell you, working with another recovering person is better than any shopping spree I've been on, any car that I've bought. It's a wonderful feeling. I'm sorry, heroin and drugs, get behind us. Because when you get into this program, start working these steps, nothing is going to compare the feelings inside that it's going to give you over all this other stuff you've been out looking to try to find to fix you.

(...)

Bill W had a spiritual experience and he just wanted to share this with everyone. He was so excited about what God had done for him that he just went out trying to help everybody and they just got upset at him because they said, "I've had enough of this God stuff." Well, when he came across Dr. Bob, Dr. Bob told him, "Let's stop doing that. Let's stop preaching the word and let's just share with them about how hopeless this disease is, that they are truly powerless, that there is no cure, there's going to be no way out." And that way they can make a choice. Now, I know for a lot of people the choice of a spiritual program is not always that,(...) what's the word,(...) thrilling. And it may be because for yourself, you've had some spiritual abuse growing up. Maybe you've heard different things from different religions.(...) Maybe somebody has been a spiritual person that abused you and said that you were a bad person and going to go to hell or something. We all come from a different background with different teachings.

(...)

And they're all good. There's a saying in the book that says, "See where religious people are right and make use of what they offer." And it doesn't say what religion, all religions. See where all religions are right. They all have something to offer.

(...)

Find what works for you. I had to find what worked for me. What worked for me may not work for you. It may not work for John or Mary. But if you are seeking, it says, "Seek and you shall find."(...) "Knock and that door will be opened."

(...)

"Ask and you will receive." It has happened for me in my life. In my deepest, darkest moments, I had nothing to turn to. I'm going to just share with you quickly, just a little bit, because I've done this before in my videos, where I come from. I come from a childhood where my mother was doing some terrible things. And I found out about it and I went and told on her. She got very angry at me and she pulled all the hair out of the back of my head. I mean, all my hair. And she beat me so bad, I was laying on a pool of blood on the floor for hours till somebody came home. I can't really remember who came home, but either my brother or my stepfather at that time.

(...)

She put me in closets and she used to take me out of the closet and she put a light on me and she said, "See, believing in God hurts." So I had tremendous spiritual abuse. Believing in God would hurt. But what happened, a couple weeks after this incident, my brother came to me and it's really ironic. And my brother's the one that's sober 39 years,(...) Mike, that came to me. And we walked three miles. We went back one time and traced how far it was through two little kids walking to this church that we've been introduced to when we were little kids.

(...)

It was a Catholic church.(...) And when I walked in there, there was this man on the wall and I thought to myself, this is really strange. There's some guy dead on a cross up on a wall. And you're only five years old. So I turned to the lady and I asked her, "What is that? What is that up there?" And she said, "That's a man that loves you dearly." And something happened to me that day. I got connected with the higher power and it never left me.

(...)

Now, I've had to research and read a lot of different books. I've probably read every spiritual book that's on the shelves because I was desperately seeking to improve a relationship with the higher power. And a few of the books that worked for me and still work for me, and I'm not trying to sell any of these books, that's for sure, but I'm just sharing my own story, was Emmett Fox. Emmett Fox book is a great book for a lot of us in recovery because it kind of takes a stand of a spiritual approach that most of us can handle.(...) You'd have to read it to really know what I'm talking about.

(...)

I had to fire the higher power I had. I had a punishing higher power and I just believed that he was going to get me. The first book I read, oh, I want to back up for a minute.

(...)

So that experience at five years old, Finding the Higher Power, Stay With Me, and I went through from up till about 13, till my stepfather left, being beaten by my mother, verbally abused and sexually abused.(...) And by the time I was 13, I was a mess. But I still had this faith going on. What I want to share with you about racism is real quick because I don't want to forget to share this story. I was about 14 years old and I had been locked up and released and put into a foster home. I was sitting on a bus and two men pulled up on a car(...) and was asking me directions and what they were doing was tricking me and they got me into their car and they beat me and sexually abused me for days.

(...)

I was found in a beat up old car in the back of an alley. Well, these two men were black men. And I remember getting out of the car and I remember closing my eyes and I asked Jesus, I said, "Please don't let me ever hate black people." I didn't want to hate black people because at five years old, I had a lady help me when I was in the hospital. I was dying of ammonia and I thought she was a nurse, but later I realized this must have been a lady that was cleaning up in the hospitals, but she acted more like a nurse. If it wasn't for her love, I wouldn't be here today. And you know, it's ironic. My first sponsor was a beautiful black lady and I could never repay her for what she's done. And if you are hearing this, I don't know if you're still alive. I haven't heard from this lady.(...) Donna, I just want you to know I love you. She was there for me. I mean, it wasn't just saying it'll get better. She did the walk. She let me talk to her at two o'clock in the morning. She took me out for coffee. She bought me my first big book. This lady was just awesome.

(...)

On and on and on. You know,(...) I'm just glad that the higher power I have today doesn't think like a lot of people and decide who deserves recovery and who doesn't, right?(...) Anyway, so I wanted to share this quickly too.(...) Fire the God you got if it's not working for you is what they suggested to me. It was really interesting. I remember my sponsor said, "Make a list of what your higher power would be like. What would he or she look like?" And I made this list. And the first thing I put on there was all powerful, all loving, all caring, forgiving. And I couldn't help for myself only though, is believe that Jesus had to be that for me. Because his lifestyle and his teachings worked for me as far as the principles that were behind it. And I could always close my eyes growing up as a child and visualize him. And I could feel the safety, this love come through.

(...)

Also, I want to share that at an earlier age, again, I was locked up. And I was 16, I think it was, or 17 in youth authority for running away from home. All this time I was running away from home from stepfathers who were abusive. I never got any arrest record, but they always locked me up. And when I was locked up in that place, I found a book called "The Cross and the Switchblade." And that was very enlightening. That helped me a lot. And another book called "The Greatest Story Ever Told."

(...)

That saved my life too.

(...)

So again,(...) as a reminder, get rid of the God that hasn't worked for you. Get a new one. There's a loving God that I have in my life. And if somebody gave me this idea, they say, "If you're losing your faith or you're not sure about

(...)

higher power, borrow somebody else's for that day. You know, you can borrow mine. I have a lot of faith and hope today. And sometimes I don't, so I borrow yours." But for most part, I do. He has never felt me. He's never let me down whenever I've turned to him.

(...)

Let's see, am I still got time? I want to go back to a couple of these issues.

(...)

You know, we can go over and over about the laws that need to be changed We can talk about the homeless people. I could go on about this terrible war that's happening.

(...)

What else? Drug overdoses.

(...)

Babies that are born. Oh, God.

(...)

You know, where do we start?

(...)

It's a tough one.

(...)

I feel it just goes back to... One thing I've had an idea was the churches, if they get together and start opening up in their churches and letting addicts and alcoholics get rid of the shame thing and let them know that you're there for them. You know, say we have a group available that you can come in and talk about what's really going on with you. We're here to help you. We're here to help you develop a relationship with the higher power. There was a program I started. It was called RAP, Recovery Awareness Program. And that was the adolescents themselves that actually got this program going. And I'll tell you, those kids, man, they work hard.

(...)

It's free. You just ask a church to have a room and you get those teenagers and some of those parents out there volunteering to be there during the group time. And you just let those kids talk. You don't need a counselor or anything. They help each other. Just like, you know, back to the same thing I was sharing. One alcoholic helping another where the kids talk their own language. So let them have their own time to do that. Of course, supervise with some parents.

(...)

Racism, what do we say? You know, I was raised. I remember hearing such terrible things. I met this little black girl when I was five years old in school. And I remember I'm born in 1953. So I was five years old. What would that be? 1957.

(...)

And she was being beaten pretty bad in the schools.(...) And I remember trying to rescue her and help her and be her friend. And nobody liking me either because I was her friend. Well, well, you know, but the ignorance, the stuff we're taught, it's just insane. In fact, you know, today I wish my little Tito would come out here. I've got a little guy here that helps me. He's the one that's putting on these shows and Tito wants to come out here and give him a little hug.

(...)

It is insane to think that there's anything different because of my color. I know a lot of people go through at times. You can pick which you don't like about me. Let's see. My father was German and my mother was either Cuban or Indian. We're not sure. So you can pick which one you don't want to like. But what's that have to do with anything? Love is still the answer to all of our problems. There's my Tito.

(...)

Oh,(...) and my friend. We haven't given him a name yet. So any of your kids out there got an idea for a name for my little guy here. I need you to give him a name. This is Tito.(...) Tito, you want to introduce yourself to the audience and tell us? Yeah, my name is Tito and I'm from Africa and really southeast somewhere called Tanzania.

(...)

From way in the east. I've been here a couple of years, seven years.(...) Seven years. Yeah, and so I became into photography and doing videos and now I'm here with you. And I appreciate all the work you do. Yeah, it's nice to see you. You're a blessing. Anything you want to say to the audience about God, how you feel about God?

(...)

Yeah.

(...)

You know, God is really great.(...) If you look for him, he'll find you and not really.(...) God is always good.(...) He's never changed.

(...)

Some people feel like he has.

(...)

He's still the same.(...) He loves people and some people just don't love him for no reason.

(...)

Yeah, that's pretty much about. That's what I would say.

(...)

Yeah.(...) Well, and then I'm going to go. Okay, thank you. Thank you, Tito. Thank you, Tito.

(...)

You're a blessing.(...) You are. Can't thank you enough for what you do to help me. No problem. Thank you.

(...)

And so there's proof. Love is the answer.

(...)

I don't know what else would work.

(...)

Okay,(...) where did I come back to? Let's see. Let me just start ending this here.

(...)

I think I'm getting close to the end.

(...)

Okay. So I want to remind you that I'm only here. I'm just sharing my experience, strength, and hope. And I can't push the love solution more than I've done. I hope that you know that's the only answer for what we're. Our problems in our world are today. It hasn't changed.

(...)

Gandhi said an eye for an eye.(...) You know, makes the whole world blind. Who are the other people that we love and has changed the world? Mother Teresa, Martin Luther King. I could go on and on. There's a list. There wouldn't be enough time to list them all. So just, you know, remember what they taught us. And let's keep praying for those people that are suffering into the moms that are in the fathers that have lost a son or a daughter from an overdose.(...) My hearts and my prayers are with you. I am too and get very frightened. Don't know when I'm going to get that phone call that my son has died from alcoholism.

(...)

As they told me early in recovery, if you're sick and tired of being sick and tired, we have a solution for you and it'll never fail. If you go about it, one half the zeal you were trying to do when you're trying to get another drink. As Dr. Bob said, your heavenly father will never let you down.

(...)

And to my viewers and my wonderful Facebook friends, thank you for joining me here today.(...) These are wonderful people on Facebook. You've got to join one of their groups. Every day they're reaching out trying to help another alcoholic and addict. And to all those special people, I don't want you to forget that you're in our prayers, those ones that are trying to make these laws better for us, for ourselves today, our senators and our representatives in our states. Thank you very much.

(...)

I also want to share the addict's mom would like to invite you to join them.

(...)

And I've got the addict's mom, a little flyer here, and they're asking you to light some candles.(...) And that's why I put some candles here.

(...)

I don't know which side I should put this on.

(...)

You can go to their website. It's www.facebook.com groups, heroin memorial.

(...)

And I want to thank Monty Meyer of Take-12 Radio of Albany, Oregon.(...) For all of his support, he works very hard trying to save addicts from the pits of hell by providing recovery topics.

(...)

It's a faith-based group.

(...)

Wonderful group of people there. Thank you, Monty Meyer. We love you.

(...)

And if you like my shows and you would like to donate, please contact me at time to heal with Pam at gmail.com.

(...)

Be sure to join my group, though. I have a group on Facebook. It's called Time to Heal.

(...)

And again, no matter what you're going through, just know that there's a higher power looking over you, and he loves you, and you're never alone. I can't stress that enough. I'm only as lone as I choose to be. And I don't choose that anymore. It's self-abusive. So don't do this by yourself. Reach out. Call somebody right now. There are people that love you and care about you, and they really want to help you. And we're here for you, too. If you need more information on anything I've talked about today or on my shows, give me a call at 208-340-3274. So don't give up because your miracle is on its way.

(...)

[MUSIC PLAYING]

(...)

Someday we believe in the goodness of humanity.

(...)

Someday we will have a goal of bringing the world together.(...) As a whole, I don't see why I ask to be so hard. Is that someday just too far away? Someday will it come my way?

(...)

Someday will it come my way?

(...)

Couldn't we spare to give just a little bit more?

(...)

It's been said many times before I don't remake love.

Episode 14:

[MUSIC]

(...)

Welcome everyone to Time to Heal. My name is Pam Hemphill and I'm your host today. On this show, I bring you the dark side of addiction into a whole new light.

(...)

First, I want to start off by sharing with you, since some of you don't know my background, that I've been clean and sober now for 35 years. I'm a certified alcohol and drug counselor.

(...)

I have experience in helping those with gambling or problems, eating disorders, anger management, and more. I've worked in the field of addiction treatment for the past 30 years.

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I'm still learning what to do and what not to do. I've read every book you can read on addiction and recovery.

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You know, even with my knowledge and my experience, there's nothing I can do for my son. He's out there on the homeless on the streets, drinking himself to death. If I could fix anyone, it sure would be my son.

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You know,(...) my brother too has been sober 39 years, and with me, I have 35.

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I don't think God said, I think I'll get Mike and Pam clean and sober, but I won't help her brothers or her children. I don't think God does that.(...) There's a point where a person has to make a decision for themselves. They want recovery.

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We're not anything special.(...) You know, I've read a lot of books. There's a lot of experts out there on this problem.

(...)

But, you know, so far, the solution from science, there hasn't been any.

(...)

So again, what I always tell people is same problem, same solution. God could and would have sought.

(...)

I want to start off today, and I'm going to talk about my favorite subject, God.

(...)

But first, I want to share something with you.

(...)

It's all over the news about our heroin epidemic in the Fed Up rally.(...) Adolescents are now using heroin at a higher rate, and babies are being born addicted, higher rate of suicide, higher rate of depression, mental health problems, riots, racism, wars, on and on. We're fighting everything and everybody.

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What are the problems? Well, share some with you. We're asking for treatment to be more available for the poor people.

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Remember what Gandhi said, "An eye for an eye makes the whole world blind."

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Drug overdoses, I'm having nightmares. On Facebook, I hear about a death every day.

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People hating.(...) Now that's the real disease. That's the problem.

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I want to talk to you a little bit about recovery for a moment, and then I'm going to come back to some of these issues.

(...)

Excuse me for reading when I'm talking here because I can lose my chain of thought, and I want to make sure I don't forget some of the things I want to share with you.

(...)

Dr. Bob, he was the founder with Bill W of our beautiful Alcoholics Anonymous program. He said, he made a statement in his own story. He said, "What did the man do or say that was different from what others had said?"

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He said, "I read a great deal and talked to everyone he knew who thought they knew something about the subject of alcoholism.

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But this man," he said, "who came to him," which was Bill W, "had experienced many years of frightening drinking." So back to the same thing. One alcoholic, one addict talking to another is the only thing I've heard of actually witnessed to see that works. It's worked for me when all else has failed. It's worked. It's pulled me out of the pits of hell when I was so depressed or feeling sorry for myself. Somebody would call me or I would call them or get to a meeting and, "Whoa, what a difference I would feel." I'll tell you, working with another recovering person is better than any shopping spree I've been on, any car that I've bought. It's a wonderful feeling. I'm sorry, heroin and drugs, get behind us. Because when you get into this program, start working these steps, nothing is going to compare the feelings inside that it's going to give you over all this other stuff you've been out looking to try to find to fix you.

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Bill W had a spiritual experience and he just wanted to share this with everyone. He was so excited about what God had done for him that he just went out trying to help everybody and they just got upset at him because they said, "I've had enough of this God stuff." Well, when he came across Dr. Bob, Dr. Bob told him, "Let's stop doing that. Let's stop preaching the word and let's just share with them about how hopeless this disease is, that they are truly powerless, that there is no cure, there's going to be no way out." And that way they can make a choice. Now, I know for a lot of people the choice of a spiritual program is not always that,(...) what's the word,(...) thrilling. And it may be because for yourself, you've had some spiritual abuse growing up. Maybe you've heard different things from different religions.(...) Maybe somebody has been a spiritual person that abused you and said that you were a bad person and going to go to hell or something. We all come from a different background with different teachings.

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(...)

"Ask and you will receive." It has happened for me in my life. In my deepest, darkest moments, I had nothing to turn to. I'm going to just share with you quickly, just a little bit, because I've done this before in my videos, where I come from. I come from a childhood where my mother was doing some terrible things. And I found out about it and I went and told on her. She got very angry at me and she pulled all the hair out of the back of my head. I mean, all my hair. And she beat me so bad, I was laying on a pool of blood on the floor for hours till somebody came home. I can't really remember who came home, but either my brother or my stepfather at that time.

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I was found in a beat up old car in the back of an alley. Well, these two men were black men. And I remember getting out of the car and I remember closing my eyes and I asked Jesus, I said, "Please don't let me ever hate black people." I didn't want to hate black people because at five years old, I had a lady help me when I was in the hospital. I was dying of ammonia and I thought she was a nurse, but later I realized this must have been a lady that was cleaning up in the hospitals, but she acted more like a nurse. If it wasn't for her love, I wouldn't be here today. And you know, it's ironic. My first sponsor was a beautiful black lady and I could never repay her for what she's done. And if you are hearing this, I don't know if you're still alive. I haven't heard from this lady.(...) Donna, I just want you to know I love you. She was there for me. I mean, it wasn't just saying it'll get better. She did the walk. She let me talk to her at two o'clock in the morning. She took me out for coffee. She bought me my first big book. This lady was just awesome.

(...)

On and on and on. You know,(...) I'm just glad that the higher power I have today doesn't think like a lot of people and decide who deserves recovery and who doesn't, right?(...) Anyway, so I wanted to share this quickly too.(...) Fire the God you got if it's not working for you is what they suggested to me. It was really interesting. I remember my sponsor said, "Make a list of what your higher power would be like. What would he or she look like?" And I made this list. And the first thing I put on there was all powerful, all loving, all caring, forgiving. And I couldn't help for myself only though, is believe that Jesus had to be that for me. Because his lifestyle and his teachings worked for me as far as the principles that were behind it. And I could always close my eyes growing up as a child and visualize him. And I could feel the safety, this love come through.

(...)

Also, I want to share that at an earlier age, again, I was locked up. And I was 16, I think it was, or 17 in youth authority for running away from home. All this time I was running away from home from stepfathers who were abusive. I never got any arrest record, but they always locked me up. And when I was locked up in that place, I found a book called "The Cross and the Switchblade." And that was very enlightening. That helped me a lot. And another book called "The Greatest Story Ever Told."

(...)

That saved my life too.

(...)

So again,(...) as a reminder, get rid of the God that hasn't worked for you. Get a new one. There's a loving God that I have in my life. And if somebody gave me this idea, they say, "If you're losing your faith or you're not sure about

(...)

higher power, borrow somebody else's for that day. You know, you can borrow mine. I have a lot of faith and hope today. And sometimes I don't, so I borrow yours." But for most part, I do. He has never felt me. He's never let me down whenever I've turned to him.

(...)

Let's see, am I still got time? I want to go back to a couple of these issues.

(...)

You know, we can go over and over about the laws that need to be changed We can talk about the homeless people. I could go on about this terrible war that's happening.

(...)

What else? Drug overdoses.

(...)

Babies that are born. Oh, God.

(...)

You know, where do we start?

(...)

It's a tough one.

(...)

I feel it just goes back to... One thing I've had an idea was the churches, if they get together and start opening up in their churches and letting addicts and alcoholics get rid of the shame thing and let them know that you're there for them. You know, say we have a group available that you can come in and talk about what's really going on with you. We're here to help you. We're here to help you develop a relationship with the higher power. There was a program I started. It was called RAP, Recovery Awareness Program. And that was the adolescents themselves that actually got this program going. And I'll tell you, those kids, man, they work hard.

(...)

It's free. You just ask a church to have a room and you get those teenagers and some of those parents out there volunteering to be there during the group time. And you just let those kids talk. You don't need a counselor or anything. They help each other. Just like, you know, back to the same thing I was sharing. One alcoholic helping another where the kids talk their own language. So let them have their own time to do that. Of course, supervise with some parents.

(...)

Racism, what do we say? You know, I was raised. I remember hearing such terrible things. I met this little black girl when I was five years old in school. And I remember I'm born in 1953. So I was five years old. What would that be? 1957.

(...)

And she was being beaten pretty bad in the schools.(...) And I remember trying to rescue her and help her and be her friend. And nobody liking me either because I was her friend. Well, well, you know, but the ignorance, the stuff we're taught, it's just insane. In fact, you know, today I wish my little Tito would come out here. I've got a little guy here that helps me. He's the one that's putting on these shows and Tito wants to come out here and give him a little hug.

(...)

It is insane to think that there's anything different because of my color. I know a lot of people go through at times. You can pick which you don't like about me. Let's see. My father was German and my mother was either Cuban or Indian. We're not sure. So you can pick which one you don't want to like. But what's that have to do with anything? Love is still the answer to all of our problems. There's my Tito.

(...)

Oh,(...) and my friend. We haven't given him a name yet. So any of your kids out there got an idea for a name for my little guy here. I need you to give him a name. This is Tito.(...) Tito, you want to introduce yourself to the audience and tell us? Yeah, my name is Tito and I'm from Africa and really southeast somewhere called Tanzania.

(...)

From way in the east. I've been here a couple of years, seven years.(...) Seven years. Yeah, and so I became into photography and doing videos and now I'm here with you. And I appreciate all the work you do. Yeah, it's nice to see you. You're a blessing. Anything you want to say to the audience about God, how you feel about God?

(...)

Yeah.

(...)

You know, God is really great.(...) If you look for him, he'll find you and not really.(...) God is always good.(...) He's never changed.

(...)

Some people feel like he has.

(...)

He's still the same.(...) He loves people and some people just don't love him for no reason.

(...)

Yeah, that's pretty much about. That's what I would say.

(...)

Yeah.(...) Well, and then I'm going to go. Okay, thank you. Thank you, Tito. Thank you, Tito.

(...)

You're a blessing.(...) You are. Can't thank you enough for what you do to help me. No problem. Thank you.

(...)

And so there's proof. Love is the answer.

(...)

I don't know what else would work.

(...)

Okay,(...) where did I come back to? Let's see. Let me just start ending this here.

(...)

I think I'm getting close to the end.

(...)

Okay. So I want to remind you that I'm only here. I'm just sharing my experience, strength, and hope. And I can't push the love solution more than I've done. I hope that you know that's the only answer for what we're. Our problems in our world are today. It hasn't changed.

(...)

Gandhi said an eye for an eye.(...) You know, makes the whole world blind. Who are the other people that we love and has changed the world? Mother Teresa, Martin Luther King. I could go on and on. There's a list. There wouldn't be enough time to list them all. So just, you know, remember what they taught us. And let's keep praying for those people that are suffering into the moms that are in the fathers that have lost a son or a daughter from an overdose.(...) My hearts and my prayers are with you. I am too and get very frightened. Don't know when I'm going to get that phone call that my son has died from alcoholism.

(...)

As they told me early in recovery, if you're sick and tired of being sick and tired, we have a solution for you and it'll never fail. If you go about it, one half the zeal you were trying to do when you're trying to get another drink. As Dr. Bob said, your heavenly father will never let you down.

(...)

And to my viewers and my wonderful Facebook friends, thank you for joining me here today.(...) These are wonderful people on Facebook. You've got to join one of their groups. Every day they're reaching out trying to help another alcoholic and addict. And to all those special people, I don't want you to forget that you're in our prayers, those ones that are trying to make these laws better for us, for ourselves today, our senators and our representatives in our states. Thank you very much.

(...)

I also want to share the addict's mom would like to invite you to join them.

(...)

And I've got the addict's mom, a little flyer here, and they're asking you to light some candles.(...) And that's why I put some candles here.

(...)

I don't know which side I should put this on.

(...)

You can go to their website. It's www.facebook.com groups, heroin memorial.

(...)

And I want to thank Monty Meyer of Take-12 Radio of Albany, Oregon.(...) For all of his support, he works very hard trying to save addicts from the pits of hell by providing recovery topics.

(...)

It's a faith-based group.

(...)

Wonderful group of people there. Thank you, Monty Meyer. We love you.

(...)

And if you like my shows and you would like to donate, please contact me at time to heal with Pam at gmail.com.

(...)

Be sure to join my group, though. I have a group on Facebook. It's called Time to Heal.

(...)

And again, no matter what you're going through, just know that there's a higher power looking over you, and he loves you, and you're never alone. I can't stress that enough. I'm only as lone as I choose to be. And I don't choose that anymore. It's self-abusive. So don't do this by yourself. Reach out. Call somebody right now. There are people that love you and care about you, and they really want to help you. And we're here for you, too. If you need more information on anything I've talked about today or on my shows, give me a call at 208-340-3274. So don't give up because your miracle is on its way.

(...)

[MUSIC PLAYING]

(...)

Someday we believe in the goodness of humanity.

(...)

Someday we will have a goal of bringing the world together.(...) As a whole, I don't see why I ask to be so hard. Is that someday just too far away? Someday will it come my way?

(...)

Someday will it come my way?

(...)

Couldn't we spare to give just a little bit more?

(...)

It's been said many times before I don't remake love.

Episode 15:

[MUSIC]

(...)

Hello everyone, welcome to Time to Heal. My name is Pam Hemphill and I bring the dark side of addiction to a whole new light. Today we're going to be sharing with you our experience, strength and hope.(...) I know there's a lot of you out there today that's struggling. Maybe you've been in and out of the program. Maybe you're feeling hesitant to get into some treatment center. Maybe you're afraid to go back and let your family know that you've been using. Well, we're here to share with you that, you know, making those decisions and taking that risk is really worth it. And we're here to support you on that. And so today we're our topic is going to be about the happiness and the joy and the freedom that we have experienced as a result of staying clean and sober one day at a time. And today I have a guest with me, Rick. And he's going to start off by sharing some of his experience, strength and hope, and what it's like for him today. So welcome, Rick. Thanks, Pam. Nice to be here. And actually thank you for asking me. And, you know, for all of you who are out there maybe wondering what getting rid of our old habits are like, it's the best thing you could do. You know, it's freedom. It's a new life.(...) And change is sometimes difficult, but change is what makes us move, you know, and makes us helps us grow.(...) And I guess, you know, my experience, strength and hope, I've been clean and sober for 29 years.(...) And, you know, life is life, but it's been a really great run. And I met a lot of really interesting people. I've learned a lot about myself and others.(...) And, you know, I've got a lot to be thankful for. And so I would say that, you know, change is great. Don't be afraid to change.

(...)

What was the turning point for you that made you decide that you wanted to try a program or get into recovery? What was going on? Well, if I went back, I mean, kind of be going back, you know, more than half my lifetime now. More by just a few months. But I think what hit me was I all of a sudden found that I'm responsible for my situation. You know, I found I need to do something.(...) And at that, I decided to go seek out some help.

(...)

And it was kind of a moment of clarity.

(...)

And the counselor that I spoke to in the interviewing process made some suggestions and said, "Why don't I try one of these 12-step meetings?"(...) You know, and it just worked out that I went and I stayed.

(...)

And slowly, slowly, you know, like the bow of a ship, a great big supertanker, doesn't turn around overnight. You know, you turn that rudder a little bit and slowly you'll go full circle. But I kept going and I kept hearing things that I kept learning. And I kept trying to move in the right direction with maybe one step forward, then another step forward, maybe a step back and a few more. And slowly, slowly, you know, I started growing up. And I think that,(...) you know, that's something that is nice to do. I mean, I'm

older than I've ever been, but I'm happy to have experienced a lot of the ups and downs in life being sober.

(...)

And certainly I have challenges. We all have challenges.(...) But I've learned how to deal with them better.

(...)

I get better results.

(...)

And if I look back over my whole life, I think giving up what I thought was freedom,

(...)

the freedom to drink and party and, you know, get high and have a good time and do whatever I wanted, that isn't freedom. It's prison.

(...)

And, you know, now I even look at, you know, hey, I can work on issues with food, with work, with money, with so many things. You know, I can try and keep growing.

(...)

And I find that,(...) you know, there are a lot of ways to grow, but the 12-step path has become a recipe for life. You know, it's, we call it a design for living, and it is exactly that. And it's a great gift.(...) And though it might not seem like that in the first moments or the first months, you know, we still have wreckage to clean up, but people who keep working it always get results.

(...)

And so I would say that with the rare exception of people who really have psychological problems and traumas and things, but even those, so much can, they can get better. And it's a wonderful thing.

(...)

What do you mean, explain more, get better? What gets better?(...) Well,(...) are probably what sits between our ears. You know what I mean? I've come to find that, you know, I found that most of my problems I've had some part in, and,

(...)

and I didn't think that for a long time. It was the fault of various things outside of me that were making a victim out of me, and excuses and so forth.

(...)

But it's,(...) you know, through working the steps, I mean, there are tools to help us change our character defects.

(...)

There are tools that help us fix up the problems we've created. There are tools that help us grow spiritually in a way that suits us, you know, it's in the spiritual path is, you know, people doubt it and don't trust it because of examples and excuses and things. But, but the wonderful thing about 12 step way is you tailor it to suit you, help move in the right direction.(...) And any case,(...) I don't know if that answers that, but. Yeah, it does. What, what happened when you first started recognizing you started working the steps, how long did that take for you to start getting into the steps? And how did you recognize they were working for you? Well, I've had the good fortune of having ups and downs over many years. And, you know, and when I first got into the recovery,(...) everything was changing. You know, I was getting out of trouble. I was getting a new career. Things were changing and, and I was doing the best I could. You know, I was working with a sponsor that was,(...) you know, it's all growth steps. And I got to a better spot and I relaxed for a while, enjoyed the, the, you know, the new horizon and slowly kind of slid back into older practices or things happened that, that kind of forced me to like put the gas to the, to the engines of the airplane again. I had to, I was losing ground and I had to, you know,(...) lift up a little bit, you know, raise the, raise the elevation, I guess, and dig deeper into the steps and work them again. And then things would, you know, kind of coast and I'd get comfortable in the routine. I'd run into problems again. And I keep finding that there are always better ways to see things. There are always better ways to deal with things. And, and that is good in, you know, in all of my affairs, in my business life, in my family life, in my social life.

(...)

And, and it's a process of change.(...) You know, taking the step to maybe call that number and go to rehab, that's what you need to do. Don't be afraid. Do it. And then when you're there, oh, I think I've been maybe that, listen, you know, try to be honest with yourself. Do something. Take action.

(...)

And,(...) you know, plan your life, set goals, read motivational books,(...) grow, work with people, you know, work with a sponsor, learn how to sponsor, you know. And of course that's an odd term for a lot of people. But that's like helping each other, you know, just help each other. And, and it's a much nicer outlook on life than the world is taking because the world outside is very tough.(...) And there are a lot of things that are trying to derail us. There's a lot of fear in the world right now. And it's like coming from everyone's advertisers. You got to be this to have that. You got to got it, got it, got it. And it drives it drives a lot of people to the brink of suicide.(...) You know, it's like, when will enough be enough?(...) And I heard that in the program. It said we're always trying to feel the outside with the inside. Yeah.(...) So for you, regarding your relationship with higher power, how did that come to be? Did you have any issues with that struggle? You know, I think everybody has different different ways. I had my father was very active in his church and it was alive. Some of my parents were divorced. So I was not living with him. I had influence. But I had a real strong belief in a God of my understanding at that time.

(...)

Now, that's not the same God I would think of today.(...) You know, the God of my understanding today.

(...)

I can't explain. It's too magnificent. You know, it's too much of everything.

(...)

But it keeps evolving. You keep, you know, ask and you'll receive.

(...)

And I find I sometimes don't get what I want, but I got everything I need.

(...)

And that's a lot to be grateful for. And you know, if that were nothing and I were grateful for all of it, it would be plenty.(...) You know, it's just changing, shifting our thinking from the problem to the solution. When I'm not happy, I'm in the problem.(...) But whenever I feel a little bit of gratitude,

(...)

there's always a little bit of joy that comes along.(...) And that I think is kind of living in God's grace.(...) And if I can say something that would help somebody, that would be fantastic.(...) And if I don't, I can still sleep at night. Unless I have jet light, you know. We never know. I heard a lot of speaker meetings, speakers. I mean, I listen to tapes.(...) And it would come to me what they shared later. So we never know. We're just the seed planners. Sure. I remember the first time I felt a lot of joy. It was really weird. I didn't know what that feeling was. I looked around thinking, "Did somebody spike my coffee?" You know, I was in an meeting.(...) And it was such a wonderful feeling. How did you come to recognize that, too, that these good feelings were coming? Well, I've had not many people, but a couple people have pointed out that maybe I'm attention deficit, or you know, because I have a little bit of a short attention span. Or when I get into something, I lock into it. And I liked my youth. I liked, "Wow." I liked partying. And I liked having fun. And we got into crazy stuff, and we did crazy things. And I always seem to somehow get away with it. And I think over years I have confused joy with fun. And I might have even set the bar high because I feel like, "Well, if I stay sober, I'm going to have a lot of happiness." But I find joy is far more important to me. You know, the quality of life things. Having a wow, fun, a little bit, not so important, but quality time. You know, sitting here talking to you. I know what you want. Do you want to help people? It's wonderful. And there's a richness in that.

(...)

And, you know, I think the journey of change is really pretty terrific.(...) And my concept of God,(...) I had someone point out to me kind of recently.

(...)

It was a woman I respected, and she asked me if I might maybe think I might be a little bit angry with God. And I'd had a lot of years where I felt like, "Well, I know God. Hell, I've known God for a long time. It's over."

(...)

But as I thought about it and I respected her, I thought, "You bet it, because I'm not getting what I want."

(...)

And what it made me do was go deeper into the steps, into looking at what is my fault. What are my shortcomings? You know, and where am I doing things wrong that I could do better?

(...)

And slowly through the change, you know, it kind of got me into things, starting to work out better.

(...)

But I didn't realize that I had unrealistic expectations.

(...)

And as soon as I get out of the way, it seems like life starts working again. It's like God's always there if I'll let him in. But I wasn't letting him in, because I was feeling,

(...)

whatever, you know, a victim.(...) But life, I also realized that we all have problems. And if I have problems, they're not unique. You have, you have, you have. Everybody has problems. It's how we deal with them. And it's how we process. And I think finding that little bit of gratitude really, really, you know, we start looking for it.

(...)

There's a lot to see for everyone.

(...)

And today we are talking about hope, and we're talking about the feeling of joy within. But let's too talk a little bit, because there are some that are clean and sober, and they're struggling. And they're not always feeling that. What would you say to them that they're stuck? They're feeling depressed.(...) They're not doing okay. They're clean and sober, though. They're clean and sober, and they're feeling depressed, and like victims. Maybe suicidal.(...) Well, I tell you, like I was saying, I've gone through a period where I actually felt those things. I mean, I could look and say, look, I got a house. I got these things.(...) And what's missing?

(...)

And it helped me dig deeper, because there are a lot of people that are 10 years, 20 years, 30 years sober, and they kill themselves. Or they go out and drink. And I would say for you newcomers, that's not really the way, you know, who wants to go through all this if that's all you're going to get. But working with other people, being a part of, digging deeper. You know, digging deeper and trying to find, trying to create

hope.(...) And trying to create things to do. Work with people. You know, get involved in stuff. I know a lot of people who've been in recovery for many years, and they're flat. And I think I was that way. I needed to juice up a little bit. And get more active. Give more.(...) And not give more to get more, just give more to be doing something. And it feels good. Yeah, I'd like to add, the part in the book, it says some of us have grave emotional and mental disorders.

(...)

But they do recover if they have the capacity to be honest, what you're sharing about.(...) And that part about the capacity to be honest, that I need help. I can't do this alone. And it's okay to reach out and get professional help.

(...)

Well, I think professional help definitely has its place. And I even think that,(...) not that I had the experience of rehab, but rehab has a place. You know, if you get into a safe place where you're inundated with hope concepts,(...) you learn about yourself, you learn to be a little bit of honest, you understand the problem better, you realize there's a solution, and you find a way and you create the discipline.

(...)

Go into meetings, working with people, go into your counselor, doing stuff, do an exercise. Changing, changing, changing.

(...)

I'm a bit of a, you know, maybe a little naive in a way, but I think most mental health issues can be helped with spiritual ways. And by, you know, taking advantage of 12-step programs that are really basically free.

(...)

But the rehab is like building a foundation.

(...)

And so for those who can do it on their own and have the discipline, fabulous.

(...)

If you don't think you have those strengths, you go to a good rehab. There's a lot of monkeys out there, or cowboys. It's an industry that's fraught with a variety of methods for getting well. And genuineness is the key. And I think genuineness is the key to quality life in many aspects.

(...)

But, you know, where a service is provided,(...) it can change people's lives, but they also have to be willing. You know, people that go that are just, you know, going against their will to protect their inheritance or to try and patch a relation.

(...)

It's kind of a shame, but if somehow they can get that realization, and you can get that in a safe setting, that, "Ooh, maybe that is me." You know, you might go in thinking, you know, I'll get through this and I'll be back on my way again. But there might be, through the right counseling and the right tools that a counselor can give, help one see inside to see,(...) "Wow,(...) maybe I am wrong." And that, "Maybe I am wrong," is probably the greatest gift when we start seeing that I was wrong and I can change.(...) And I'm willing to change. And I'm going to do that.

(...)

And then stick with winners and keep going. Because when the down days come,(...) they come. We deal with it and we can keep on, you know, lift off to a higher elevation and keep moving on. I mean, it's wonderful to have such a lifestyle that getting old is actually nice. I'm glad to be older, you know? I'm glad to be able to reflect over quite a few years of pretty wonderful life. And I wouldn't have had any of it had I been drunk.

(...)

Speaking about treatment centers, I want to share this little story real quick. This lady called me because I had put her husband into a treatment center and she says, "I want to get him out of that treatment center. I don't like that treatment center. He doesn't like it." And I said, "I'll tell you what. I've got the great treatment center you can send him to." She says, "Oh, really great. Wonderful."

(...)

I said, "Yeah, and you know who works there?" She said, "Who?" I said, "Mother Teresa,(...) Jesus,(...) and Father Martin Luther King."

(...)

Get it? Good heavens. Are you talking about death?

(...)

No. These are, say, the best people could be there, working there. It's not the treatment center. It was his attitude. He thought he could, they would probably confront him, telling him things he didn't want to hear per se, trying to weasel out of that, being at that treatment center. And it was a great treatment center he was in, really nice one. And she was trying to rescue him. It wasn't the treatment center. Because, you know, we could send somebody to the best treatment center with the best staff. But they're not ready. They're not ready. So we sent him to another treatment center.(...) And sure enough, he stayed there and left and then ended up drinking again.(...) I was thinking of a quote I shared with somebody today. It was one of my favorite motivational guys. And he had said,(...) "Well, do you think it's good or you think it's bad? You're right."

(...)

I think John Lee says something similar. Oh, a lot of people probably say it. I liked it.

(...)

But yeah, there's a lot of joy and recovery. I'm so grateful. One day, sometimes I have to shake my head, and I can't believe I'm still here 35 years. It's unbelievable. But there's been some hard times, like you shared, you know? There's some really tough times. But the thing is, we don't have to do this alone anymore. Like, just you and I sharing.

(...)

One alcoholic, one addict talking to another. It's magical. Yeah, it really is. Thinking about the freedom and joy of recovery,(...) I find that the journey has been good.(...) I guess,(...) you know, I've got an addictive mind. And that's what brought me to the bottle and to the drugs(...) and to so many different aspects of my life that shaped a lot of the character who I became and still am.

(...)

And I find that when I hit some of those down times, I like, "Wow." You know, we get used to a life of action and activity. And sometimes it's hard to accept just the beauty of a calm and balanced life. And so I know that I might be prone to ups and downs in moods a little bit.(...) But like a graft, it's always on a higher,(...) you know, it's always been getting better. And I'm certainly not above being in a funk.

(...)

But I know what to do. And I know that I can reach out and talk with other people. And I know that I can take action. And I know I've got tools to change my thinking when it goes bad. And to talk to others in my own personal experience, even the real depths of my pain in those bad days, it's still better.(...) I think in the beginning a lot of newcomers need to just give this time. Wouldn't you agree? They don't give it time. And they drink again or they go back out to really experience sitting still, being quiet, letting those feelings come up, just go through them. Because on the other side, it's always better. And that's where the joy and the happiness comes from. Yeah. And I think that says something in the book that selfishness and self-centeredness is our problem.

(...)

And I think that most people that would seek out recovery are selfish, self-centered people.(...) And that it's real easy to kind of get lost in our own arrogance and sometimes think, "Well, I'm better than this." Or, "I'm better than these people in this meeting." Or, "I'm better than this group." Or, "This doesn't work for me anymore."(...) And that's dangerous territory because we only hurt ourselves when we get away from our kind of support group. And the nice thing about fellowship is that, and we're referring to the 12-step groups, but it's open for all people. And we can always look for the similarities.(...) When I start comparing the differences, I'm on thin ice. So when I'm looking at the differences, I'm on thin ice. When I'm looking at the similarities,(...) I'm at home.

(...)

And you can get together with people like, you know, we can have a really hard-to-hard talk. And hopefully, there might be something that might spit out or something that might make somebody think, "I think I'm going to make a call." And if it's to a treatment center, or if it's to an AA central office, or an NA,

or an OA, or whatever it is, we all have things that hurtles that we get stuck on. And there's help for all of it.

(...)

As I said in the program,(...) if you don't give us 90 days, if you don't want what we have to offer, we'll refund your misery.

(...)

I would thank you so much for coming here today, Rick.

(...)

It's been fun. And for all of you out there, it's nice to see you. And you've helped me more, and I've helped you, that's for sure. I just want to-- I doubt that. Oh, yeah. Trust me. I just want to mention, it's the Hope Rehab Center in Thailand.(...) It's an excellent inpatient program. Wonderful people. And I got my shirt in. I just wanted to show this. I hope you'll support the Fed Up Rally, which is September the 28th. People are doing some wonderful things to make some changes. We're having a terrible epidemic.(...) Heroin overdose and prescription overdose problem. If you want to know more about this movement, you can get ahold of them. They have a website, www.feduprally.org. And I want to say a prayer to my friend out there, Jordan, and all the other ones who have recently relapsed. Just know that we love you. We're thinking about you. Our prayers are there. And for those of you that have lost anyone, we're praying that you'll get peace of heart with that. We're light up our three candles here as a reminder for this month, for the recovery month. The tall candles for those are clean and sober. The red one is for those that you've loved that lost someone through this terrible addiction. And the other one is for a person that's struggling and still having a hard time getting clean and sober.(...) So again,(...) if you're having problems, don't give up.(...) People are here to help you. We're here to help you.

(...)

Just know that there are a lot of loving, caring people out there. Call a family member, call your doctor, call somebody, and get some help. You don't have to do this again by yourself.(...) And don't give up, because your miracle's on its way. It can be the best thing you'd ever do.

(...)

[music]

(...)

Episode 16:

(...) [MUSIC]

(...)

[MUSIC]

(...)

[MUSIC]

(...)

Hello everyone, welcome to Time to Heal. My name is Pam Hemphill and I'm your host. I bring you the dark side of addiction to a whole new life.

(...)

Today's segment we're gonna be talking about domestic violence and I'll go over a little bit about relapse prevention.

(...)

I'm a substance abuse counselor and I work with those people. I work with the homeless, the alcoholic, the addict,

(...)

person that's committed domestic violence charge.

(...)

The ones that most people don't want to even talk to, the hopeless ones. That's the ones I like working with.(...) Today I wanna just go over a little bit, because in the news right now with Ray Rice and the domestic violence that's going on, all over the news about it. And the topic about why is she staying with him.

(...)

We don't talk enough about the men that have been physically and emotionally abused.

(...)

Maybe 15, 20 years ago I was at a workshop with this lady, it was a social worker. And I said to her, we need to bring some awareness.(...) It was a book that was out that I had read about men that are being physically and emotionally abused. And she looked at me and she said, men aren't physically and

emotionally abused. And I tried to tell her about a book I wrote, excuse me, that I read, called When She Was Bad.

(...)

And she's, well, I don't know, I don't think there's enough that it's even that important. And that's our society today, that the men aren't important in what's happening with them.(...) Doesn't matter, but it does matter. And they're being abused just as much as the women. Right now I'm sitting in this beautiful park in Boise, Idaho. We got people out here with their family, they're involved in a little sports game. We got kids out here playing swings.(...) But you know what, when they go home tonight, we don't know what's happening.

(...)

How many men are gonna call the police if their wife is yelling at them and they're feeling like they wanna commit suicide? They're gonna call somebody and say, my wife's verbally abused me and I'm feeling very depressed and I don't know what to do, right? No, I really doubt it. He's probably gonna leave the house, he's probably gonna go down to the bar and have a few drinks. Let's just forget about it, right?(...) Maybe he'll just go in his room and blow his brains out. Who knows what he'll do?(...) It needs to be brought up more. We need to talk more about men that are being abused too. A crime is a crime. There's a lot of books out there and a lot of experts, and this is only from my opinion of what the problem is and what it stems from. What it stems from is childhood abuse.

(...)

Now, keep in mind, not all people that are being abused have an alcohol and drug problem, but there are high statistics that prove that we do. We have a lot of people that get drunk, act out, and start becoming violent, but not all.

(...)

Growing up, that's all I saw, was violence. It was with my stepfathers under the influence, but I also watched my mother. And she would be in the background, and she was the one that was kinda making it where our stepfather would be the abuser. By going, well, you know what the kids did today? They were very mean, and they got in the refrigerator, and she would tell on us. And he would get angry, and he would come and beat us. But of course, it wasn't her fault, right?

(...)

What else do women do that is happening today? Well, what about child abuse? How many women are going to anger management because they're abusing their children? Or what if she was the one that started the incident by yelling at him, putting him down, and he pushed his buttons, and he hit her. Is she gonna get into treatment too?(...) No, most likely not.

(...)

There is a lot of stuff around this, and we need more help if you need more research. But the main thing is to look at it as a mental health problem. These people with these anger issues, they have a choice.

(...)

I can get very angry today, and it's okay to be angry. It's not okay to hurt another person, though. There's no leg room there. Well, it's okay if they do this, or it's okay if they do that. No, it's not. It never will be.

(...)

Perpetrating is perpetrating.

(...)

It's against the law that you be a good tomorrow.

(...)

I wanna go into just another thing real quick here.

(...)

Talk about some relapse issues and why a lot of people go back out on relapse.(...) There's a difference with treatment and the cross-step programs.

(...)

In treatment, they can't get what they get in 12-step programs. In 12-step programs, what they get is the ability to be of service. If they're in treatment, they're not there trying to be of service. They're just there trying to get treatment. And that's why the program works so well, and it's missing. There isn't that much of that anymore. When I was new, my sponsor said, "I want you to pick up the ashtrays, pour some coffee for a newcomer, clean up after the meeting." I felt a part of it. When a person feels a part of it, they start to get more involved.

(...)

Another part of the relapse has to do with not completing their 4-step and their 9-step. Those are the only two steps that a person has to interact with another human being.

(...)

But the 4-step, they gotta sit down with somebody and share some of their dark secrets about their life.

(...)

And in the 9-step, they gotta interact with those that they harmed.

(...)

So if you have had domestic violence in your past, and that's been part of the men's that you need to make, that's what you need to do. A lot of people just brush that off and say, "Well, I was drunk or have an excuse." There's no excuses for domestic violence.

(...)

It's a sad thing to talk about because many of us and myself too have had moments of frustration,(...) not knowing how to communicate well with somebody, not knowing what to do.(...) And the key thing I have found has worked for myself and for others is to get on that phone and to talk to someone. Let them know what's going on inside of you. Take that walk.(...) Just walk away, just 5 minutes with deep breathing.

(...)

You have choices.

(...)

We're not fake guys.(...) A lot of people say, "Well, they can't leave their husband or their wife because of the financial reasons." We can come up with all kinds of excuses.

(...)

You know?(...) I can't do.

(...)

But if you make up your mind to decide that you're gonna love you, and you're worth a decent life of living with people that honor and respect you, the excuses go out the window. I've known people that left relationships and slept in their car. They went to any lengths to get their life back into a decent life. And they did it with their faith and higher power and with the help of others.(...) Today we have all the type of services available. There's no excuses.(...) I've gone down. I've offered my services. People don't want help. Some do, some don't. Those of you that do, it's there. You're not alone. You don't have to walk through this by yourself.

(...)

I want to bring up the Fed Up rally real quick here. I've got two shirt on. We're going to Washington as it's March the 28th. And what we're doing, the Fed Up rally is a call to immediate and comprehensive federal action to end the epidemic of addiction and overdose deaths as a result of opiate use and prescription drug use.

(...)

I hope you'll join them. Their website is www.feduprally.org.

(...)

Again, let's go back just quickly over domestic violence and what's going on.

(...)

There's a lot of different opinions about what should happen and what shouldn't happen for rape, rice. And I just pray that they will both get helped, you know, and take time to really consider what's really going on. Because behind any perpetrating or abusive behavior is some real pain generally hiding down in there.(...) And unfortunately we have to have somebody from a football star or a movie star to get our attention. But it doesn't have to be.

(...)

If you were to just take a moment and look into the newspaper and see how many domestic violence cases are going on right now in Idaho with women, I looked it up on the Internet and I couldn't believe how many cases are out there where women have abused and killed and murdered their husbands or their boyfriends. Just the other day too I heard about a lady that left her child in the car and the fireman had to get in there and get the child out.

(...)

But at the same time we've got to be careful not to stigmatize, not to say and give them excuses whether they're alcoholics or they're addicts, and that's the reason they're doing this. That is not the reason they're doing this. This is what life should be like right here.

(...)

They're all over there drinking sodas. I don't see any alcohol.

(...)

You look good, man. You don't have to wear something. I came up asking you because you don't want to start with a nice thing. As soon as you asked that the first thing you came back it was God's sake. I am not even kidding you. So do you want to tell us your story? Were you abused by a woman? Yes, for years I've been in relationships that were abusive and my last relationship with my kid's mom was actually part of the most abusiveest one. She actually ended up catching a charge due to violence. I have my little brother and a few other family members that have been. Stories I've talked to other guys about what they've been through and they have been completely abused all life. But males'(...) stereotyping is you've got to stick up with it. Men are strong, they show weakness, all the gujas. But I don't believe anybody should have hands laid on.(...) Abuse is abuse. Yeah, abuse is abuse no matter what. But the sad thing is I've been talking to my mom about wanting to reach out and actually start even if it started in my garage or a park. But get a hold of men that are victims of or have what if they've never been a victim that's got some of that's gotten in trouble. Just somebody who's been in relationships that has been abusive and we get laughed at because we're men. We're supposed to flex all the time and show no worries. The reality is no one likes to go to jail. You can't have any men back in the suicide. No, that or that or it's not protecting them. I'm not trying to come up with their excuses but I do know that humans after a while anybody can have enough.

(...)

And I do believe a lot of men have done stuff in reaction to have it stopped. I don't know if that without wording it in a very negative way. But I know men that have gotten in trouble because after 10 years or five years of being nothing but beat and because the women so quick to say hey I'm gonna slap you. You lay him in a man called cops. With Ray Rice and his wife she spit on him and then he died.

(...)

So is that what you're talking about? Yeah. Yeah. After a while and that's what I'm saying. I'm not saying it's okay. But as humans sometimes things just happen not meaning to but it's because of something that's happened through an unhealthy reason why there's you know what not. But I do I have talked to men that have have gotten in trouble due to acting on something because they would tell authority. Any cops would call for domestic violence charges and they would either have the wife you know tell them stop going to the inside and go to sleep or have the wife leave. But if it's opposite you are getting arrested. I could have put my hand on his shoulders and squeeze a little bit to leave alone to actively aggressing on it no matter what I'm going to. A woman does the same thing. It's we get laughed at and she get told to go in the house and you guys go finish your dinner and stuff like that. Exactly. How do you feel? Can you put it on her? About women that come over a little bit. Women that are abusing men. How do you feel about them? Well I think personally they are not getting it's not getting enough attention at all. It's like okay for men for women to be that way socially you know what I mean. Not at all but it doesn't get it doesn't get attention doesn't get looked on you know. This is not right. And it's not right. That's not fair. Yeah this is it is outstanding you guys walking up to me asking me this. Yeah so guys and you have no idea and I've been passionately talking to my mother and I. And a few other people and actually believe it or not I spoke with a group of people. It had been maybe six or seven of them mixed women and all different races. And I remember we were just chopping it up and I asked them I said this project attention. They were talking about fun things. I said hey what do you guys think about you know. And I basically broke down when I wanted to kind of get. I really got laughed at by two people and three other people were the ones that were saying they were good. We do that.

(...)

We're supposed to be the army or supposed to be you know police officers. I was like no race any sex can be anything they want to be. I said ultimately no one needs to have that.

(...)

Not just women and women have and the respect of the programs we do have in America for those organizations. I do know that I myself has done research and I've noticed that there are a lot of places even just the word women's shelters and stuff like that.

(...)

I've never seen facility like there's a kid I'm not a name. There's a facility here in Boise deals with kids and women that have either been sexually abused. There's nothing that's for men and they won't deny nobody. But the thing is is I myself I don't know if I would be able to feel comfortable is say she was a victim of it. I don't know if that would be comfortable because at that time you know that human is has rage against opposite sides.

(...)

So I don't know if I should feel comfortable because men you know some of us still have pride. Let down from let alone ultimately to be able to talk to that opposite sex even though they're going through it because then they're looking at me on man. So I do like that they keep that in there so they can heal within and then come out and we know with it instead of having to scare the same thing someone made.

(...)

And vice versa and vice versa I know men that you know no matter what society says I know men that are that are scared or hate that you know they're going. They don't like stars on the face or you know whatever else it's just I'm really sick and tired of society saying hit me hit me hit me. Soon as you hit me I'm calling the cops you hit me I call the cops.

(...)

It's just nothing happens. And it's the same with men being sexually abused growing up as children. Because I first of my mind I said men aren't sexually abused as children. I never heard of such a thing. It's the same thing you need to wake them up because I was sharing earlier that I met a woman 20 years ago. It's all men are abused women.

(...)

I'm so glad we're here. What a blessing. You have no idea.(...) We're going to do a second part of the show. You have no idea.

(...)

Yeah. You know there's a lot of books out there. We left prevention what to do. But also in our book that we use in the 12 step program there's a lot of statements in there tell you why an alcoholic and manicure is backed out. And one of them was the failure to do the four step to open up and share yourself with another human being 100 percent.

(...)

Also I want to talk about the differences in gender and how they're treated in society.

(...)

Let's take a teacher that goes out with a 15 year old and she's found out and she goes to court and she gets six months in prison. But with a male that is dating a 15 year old and he's a teacher too. He might get 20 years in prison. You know abuse is abuse. It doesn't matter if it's male or female.

(...)

But something's not right here in our system is not balancing out. You know is it OK for me to badger my husband putting down making him feel like he's the scum of the earth.

(...)

Maybe throw something at him. Maybe the spaghetti that I was making yell at him and tell him he's a terrible husband and terrible father.

(...)

That he'll never be anything in this world just badgering and then he can't handle it and so he stops me. And now I call the police and he goes to jail.

(...)

But my behavior doesn't matter.

(...)

You know I just even though if I provoke him he doesn't have a right to hit me. He needs to do his part and walk away from me. But if it gets that far both parties need to be involved in the charges.(...) You know it's just my opinion.

(...)

Will it ever happen I don't know.

(...)

But it's sad though you know when you get down to the news and you look at these videos there's a lot of videos out there and I recommend that you look them up on YouTube on men that are being abused by women. And it's just really sad. Many of them are frightened to call the police. I mean think about it. I want to call the police and tell them my wife is verbally abusing me and as a result of her verbal abuse I feel like I want to go in the bedroom and commit suicide. Come on what are they going to say to him.

(...)

He's going to hold that inside. He's not going to share what's really going on because he's got to be macho. He's got to know how to handle everything. Who said you know. But the woman oh she's being badgered and emotionally abused. She can call her girlfriend and her girlfriend will say we'll leave that guy. Get away from him. Come on over right.(...) What were they going to say to the man.

(...)

So we need I know in Los Angeles I heard there was a men's center just for men. We need one here in Boise Idaho.(...) Safe center domestic violence for men that are being abused.(...) Also for our children you know our children are terribly being abused. And I think I read somewhere where a lady got four years in prison for neglect and abuse.

(...)

They're committing this terrible heinous crime to our children and not getting any consequences for it. Three four years in prison for almost killing a child. I'm sorry it doesn't match.

(...)

It's a really tough one. I just hope some of you will get out there and start doing what you can to make changes that's needed here in our community.

(...)

And bring up the awareness. There's a lot of men that are crying out for help and we need to be able to become aware of what those signs are and the sickness. Maybe in your intake assessments. Dig a little bit deeper and ask them what's been going on in their family with their wife and their family abuse.

(...)

All right. So I hope you'll join me again on time to heal. I have a face page on Facebook.

(...)

And please don't give up because your miracles on its way.

(...)

But somehow they come out and smile and I wonder if I'll always feel this way.

(...)

The cross is everywhere. The burden and my crazy Tyler Durden don't get better. Seem to worsen. I don't even know this person in the me. I hate my sight. Two more oxies. Sleep tonight from fun to have it. Got to have it. Alcoholic in the attic. This is tragic. It's a magic. I'm insane. My thoughts are static. Fool's Roto hit the bottom. Pride and ego data model. Drunken sales. Stagger wobble. Eat them pills. Gobble gobble. Shake all morning panic attack. Well I find my way back. Neither with a haystack. Someone pass the jay back. Numb the pain all the time. Can't believe I wrote this rhyme. It's my secret. This is mine. I'm sick of jail and doing time. All my needs gotta take my life and send it. Because we like a knife. Ain't got the strength to eat and fight. Can't take the pain. Not tonight. I keep a smile inside. I crumble every way I turn. I stumble. I need you but I hate you. I need some kind of breakthrough. I sit and tears. Can't take it now. I live in hell. I'm breaking down. Said I wonder if I'm my name.

(...)

Cuz I'm not too often breaking down.

(...)

All I've got are screams inside but somehow they. Come out and smile and I'm wondering if I'll always feel this way.

(...)

This way.

(...)

Waking up. What is itching. scared to death who is snitching feel like hell look at my health sad when you can't trust yourself push my dad, stoke for mom and tie life made a drama all my friends squared it down when i need help to nod around trapped in a maze i give up run and place my feet to stub things i've done

em so embarrassed fun the things that i most cherished search all day for what i need demeanors need my eyes are green trade my soul for one more bean friends are dying of mine the sequel after pills and comes the needle so much stress i ain't working always shaking bodies hurting can't forget got the mention extreme anger some depression clearing tremens i can die look to the sky i wonder why hallucinate with open eyes thirty pack every night i give up i quit the fight hit my knees saw a light pray to god with all my might before my daughter immediate then i heard a voice say Jason listen i love you son and you are missed my name is Jesus remember this

(...)

i put these poems and beats that ain't been easy but i can breathe now i work out those in need making progress prayers on these in the back of my mind hear that disease

(...)

you gave me so much room that i can't break

Episode 17:

(...) [MUSIC]

(...)

[MUSIC]

(...)

[MUSIC]

(...)

Hello everyone, welcome to Time to Heal. My name is Pam Hemphill and I am your host.(...) I bring you the dark side of addiction to a whole new light. Today's topic is going to be about men that have been abused,(...) but not just men, women too, and children.

(...)

A lot of you have heard lately about some different issues that's going around about abuse, child abuse,(...) men abuse, women abuse. So I want to share with you just quickly a short little opinion on our NFL star Adrian Peterson, who is charged for child abuse. And there's a lot of controversy going on. Was it abuse? Was it not abuse? You know, a lot of us are raised from our parents that slapping a child or spanking a child is normal. And he even writes on here that the reason his professional heights is where he's at is because of the parents he had and the way he was raised. But that's not my, that's not my take on this. And I'll tell you what my feelings are, okay?

(...)

What happens is a gentleman like this, with all his pain and all his issues and how he was abused as a child, he grew up and became aggressive. And he found a very safe place to put that anger. And that was on the football field. But apparently he is very professional and very successful, but not emotionally. He doesn't know what to do with those feelings. So he put it on his child. Abuse is abuse.(...) I'm totally against any spanking, any hitting of a child in any way. It's just my feelings and my opinion.

(...)

But he's just not wanting to deal with really what's going on with him. That's how I feel about it. I also want to bring up another case that I heard on the news recently. It's a 20-year-old lady.

(...)

She was accused of striking an Idaho man with the barbell. She hit him four times on the hand and on the head. And he passed out and he lost feeling to his arms and his legs.(...) She said that he attacked her.

(...)

I don't know. We will maybe never know, but does that excuse her hitting him?

(...)

Then there's another case. This one is really hard to hear. So you may not want to listen to this part pre-warning. There's children out there.(...) This is a tough one.(...) This was on a news that there were skeleton remains of three tiny infants were found hidden in the closet.

(...)

In a house that was filled with bugs, mice, dirty diapers and dead cats and dogs.

(...)

The cops said the mom secretly gave birth to multiple children.

(...)

The question is, is this mental illness or is this evil?

(...)

There are two ways to look at it. Mental illness.(...) All of us that have mental illness have a moment of a choice where we say to ourselves, I'm not going to choose to do this. And something happens in our brain and we do something different.(...) Is it a choice? In my opinion, yes.

(...)

I was abused. My brothers were laid out on the floor and beaten by belts and whips and naked.

(...)

My mother pulled all the hair out of the back of my head.(...) I was kidnapped and raped.

(...)

My mother pulled me and pushed me up against the walls.

(...)

I didn't grow up and beat people up and abuse children.

(...)

I turned it inward on myself.(...) And that's usually what most of us do. We turn to drugs and alcohol.

(...)

I want to share with you real quickly before today I have my guest with me, Megan. Hello. And she's going to be sharing parts of her story. But before she gets started, I want to read. I got on Facebook and I asked the men to start sharing with me some of their abuse stories. And I didn't get very many responses. But that makes sense. Because men don't talk about this. They're shamed of it. I mean, it's the same thing. A man calls the cops and he's being verbally and physically abused by a woman. The cops are just laughing at him. It's a shame thing. It's a, that's hiding. Let's not talk about it. But I got this one gentleman to write me a quick little his story. What happened to him growing up? There's a lot of men are sexually abused and they need help. And I just want you to know that there are a lot of organizations out there that can help you. And I just also want to mention quickly this book is what my brother had used growing up and in his recovery and myself too. And it's called Victims No Longer. And it's by Mike Liu. And it's based mainly for men that have been sexually abused.

(...)

And here's Robert's story. My name is Robert and I'm happily recovering alcoholic. He has four years of recovery.

(...)

In answer to Pam asking for men to share their abuse suffered as children.(...) I decided I'd go ahead and share part of my story. I was born in 1963 in northern Quebec, the second child of a marriage that failed before birth.

(...)

My mother had to return to school in order to become a nurse to support me and my sister. We were left in the care of my grandparents.

(...)

I'm a hyperactive person so even as a baby I could not take naps. It was difficult to put down at night. So my grandmother started mixing 7-Up and white wine in my baby bottle. I've heard that many times. Parents putting booze in the baby's bottle to get him to go to sleep. Oh but that's not abuse right? That's just what my grandmother did and my mother did. That's abuse.

(...)

So he goes on to say that at that point the entire family was alcoholics. Later when when I was taken off the bottle my grandmother then started giving me sips from the glass that she was drinking all day.

(...)

See he liked the warm feeling from the tummy. Especially when my grandfather was drinking. He would get mad and easily hit me really hard. By the time I was 5 or 6 I knew where all the bottles were hitting. He was drinking at 5 or 6 years old. At this time I also discovered what it was that my grandfather was doing with my sister upon returning from church.

(...)

This is his grandfather coming back from church on Sundays.(...) He would find his grandfather on top of his sister and her sister was crying.

(...)

She was saying that "Grandfather you're hurting me. He stopped alright."(...) He would come in and try to stop his grandfather and the grandfather would beat him for trying to rescue his sister. I kept trying to help my sister but I kept getting beat up. About a year later my uncle joined the dance. He liked little boys as well as little girls. So I was forced to submit and perform sexual acts that I did not understand.

(...)

And it was usually very painful. I started talking more and more from the available section of alcohol mostly ramen baka.

(...)

Reading this is really tough. I really feel your pain.(...) We hear you.(...) What you've been through Robert. No child should have ever had to go through.

(...)

My heart is there with you.(...) He said his sister would come home looking really weird.

(...)

He said later I grew up but I became a bully at the school. I eventually learned how to fight. See he learned where to put his anger. He couldn't put it anywhere so he put it on hurting people. And some of us do that. We don't know what to do with the abuse that happened to us as children. We don't know who to talk to or what to do with these feelings. So we fight and we run and later of course we find drugs and alcohol.

(...)

Thank you very much Robert for sharing your story.

(...)

So what I want to do right now is just turn here to Megan. Give me a minute. That was really tough to talk about. I mean this is lightweight. There are there's more and thousands of us out there that's been abused like this and thousands that are committing suicide. Not a few.

(...)

I don't know what to do and don't know how to talk about it.(...) So what we're doing is we're talking about it. You know you're not alone. You do recover from this. So I'm going to turn to Megan and let her share a little bit about her story.

(...)

Well I'm Megan and I'm in recovery.(...) I've been for almost seven years.

(...)

Growing up was a little difficult. My mom and my dad always used to yell at each other. My mom used to throw or shut the cupboards really hard and the doors really hard slamming them. I can recall that there's times that she'd spank us and I in turn would ended up drinking because of it. I know she threw me across the room one time and her excuses have always been well you try to handle 380 HD children. So I just left it at that but I turned to alcohol and any hard liquor that I could get a hold of. And then I also by the time I was 13 turned to slicing and branding myself. Slicing and branding myself. And then end of pot.(...) And then I also turned into there was people that bullied me because my dad went to prison when I was 13 years old.

(...)

When I was 13 years old he went to prison so I turned to pot.(...) And then I got into abusive relationships. When I was about 17 I got into meth and met this guy who I thought the world of. I loved him. Would do anything for him. He was physically, verbally and mentally abusive towards me.(...) This last go around he grabbed my head and bashed it against the wall and strangled me. And actually just had a test guy against him and that was really hard in itself.

(...)

Seeing him again was like oh my god I married that guy are you kidding me. I stayed with that person for 7 years thinking that I could fix him. What I couldn't even fix myself.

(...)

So it was just kind of difficult.

(...)

There's a lot of talk out there about that. Why do they stay?(...) Why do they not stay? No why do they stay with him like that?(...) I thought I could fix him. I thought like I could make him all better. And I thought my love would just be fine enough for him and it never was enough.

(...)

I want to share some more.

(...)

And so of course I turned into more drinking and more drinking and more drinking.

(...)

And I got away from the meth for the most part and got more into drinking. And all the friendships that I have were in a black hole.

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So all they wanted to do was be high with me.

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So how long have you been cleaning silver now? Almost 7 years. 7 years?(...) I've been in a much healthier relationship.

(...)

So you're remarried now right? Yep I'm remarried and I've got a little girl and she's such a sweetheart. And hasn't your husband just got 10 years in recovery? Yeah he just got 10 years.

(...)

I know I'm special.

(...)

So for you and your recovery what has been the hardest for you? You know, do you have experience in your impression? Oh yeah when my son passed away.(...) That was really really difficult. He passed away from epilepsy.

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So that was way difficult for me.

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Myself in other words. Like I just... I just...

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I mentally abused myself a lot.

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Thinking that I could have done better. That what did I do to screw up? That was really difficult that your son passed away. Yeah that my son passed away. Very common that we feel that way huh?

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So that's really hard.

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If you look at it doesn't it go way back that your dad abused you because it was your fault? Dad I was never sure of. Like I never to this day don't know if my dad abused me or not. So I don't know and I...(...) It's one of the one things that I blocked out. Yeah most of the things that I blocked out. I just used distraction after your distraction.

(...)

PAM:
Usually if we go way back we can see that... Even if...(...) I'm talking about even physical emotional abuse. Not always sexual abuse but the emotional abuse I think is just as devastating.

GUEST 01:
I mainly got that from my mom.

PAM:
Emotional abuse? That's what we're talking about women that are abusive. How was your mother abusive to you?

GUEST 01:
She threw me across the floor.

PAM: Whoa. How old were you?

GUEST 01: I don't remember.

(...)

A little bit taller. I was just a little girl yeah.

(...)

I try to go through it with like counseling and stuff and they try to get me to remember a lot of this stuff and I tend to blank it out entirely. Well you know what they told me is with memories don't force it. It'll come when it's time and when it does come it's coming up to heal you. And it's like God knows that you know what I mean. What was I 20 years sober when I finally had some real memories come up. So I think God must have known if it came up too soon.(...) Who knows what I could have done. I could have drank again. It was too overwhelming. It could be very tough without help. Probably a good thing I don't remember.(...) I remember I was told. I think I was seven months sober or something like this and the lady said you got a resentment against your mother and I said no I don't. My mother was a good mother.

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And sure enough the brain has to do that for survival. Just justify it like the football players saying well this is the way I was raised. It's OK. They justify it so they don't have to look at the pain they've been carrying around in their abuse.

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What would you say to women out there that are struggling right now and trying to get clean sober. What would you like to share with them.

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Get the help because in the long run it will save your life and maybe even your kids lives or somebody else's.

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Get that counseling. Get the you know go to W.C. the Women Children's Alliance. You know and same thing with the men. You go to the shelters. I know there's not a lot of help out there for men.

(...)

And I think that there should be.

(...)

Have you noticed or ever met women that are abusive to men. Have you heard stories.

(...)

Why do you think in society we haven't such a hard problem recognizing that women are just as abusive. Because we're the protectors. They don't want to let it know.

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You don't. Men are the strong strong guys and there's nothing that could hurt them. Macho Macho. I mean. And the women are the weaklings.

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Yeah because it's it is hard. You know actually the first time I heard. When I got this book and I heard that men have been sexually abused I couldn't believe it. I was a man sexually abused a boy.(...) I was in shock.

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So education and opening up and telling people. So important. It is.

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Anything else you want to talk about this book. Oh yeah. And this one is for women. This is a guide for sexual abuse survivors and if you are struggling that there's other books. This is just the one that I've used. Keep it right next to my other recovery book and it has some real good.(...) There's a chapter in here for feeling suicidal. There's a lot of myths around feelings and that it when I was feeling my sponsor

said now you're in recovery because you're feeling your emotions. And I thought I would feel ashamed that I was feeling it. But I learned it's the opposite.

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I did bring something that I wanted to share on.(...) We take roles.

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And if you've never been to adult children of alcoholics and you're good with those feelings.

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ACA.(...) In order for the child to have survived when they've been abused they take on a role.

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And some of the roles is like the family hero and the football players and your movies. That's cheap. Yeah. Well no they take on a hero role like the family is so messed up. I'll let myself. I'll be the hero for the family and get the straight A's. I'll be the doctor. I'll be the movie star. I'll be the football player so everybody can look at me and say see my family's not that bad. And they're called the family hero. Then there's the rescuer because there's a little child.

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Robert shared he was trying to rescue his sister and he couldn't. And what they end up doing is trying to rescue everybody. They become counselors like me.

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Fix everybody. I was going to fix my brothers. You know make them OK. Because there's no mom to help us. The mascot. That's the one. That's.(...) I got a blank spot for our movie star we just lost. Robert Williams. Yeah. The committed suicide. The mascot.

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Everybody's sad in the family. Everybody's depressed. But I'll tell jokes and make everybody laugh like nothing's really happening. And then there's the doormat.(...) The one that's passive doesn't stand up for themselves. And the family scapegoat. It's Johnny's fault. If Johnny would behave we would all be all right. Send Johnny to the room. You know everything's he's the scapegoat for why we're messed up. And then the lost child. My brother was the lost child. We used to say where's Mikey. We'd be looking everywhere. Mikey be hiding somewhere. Did you identify with any of these roles. The lost child. The last one you were the one that was hiding. So he's the one hiding. In fact I can remember a time where I hid underneath. Well I called 911 and then I hid underneath the bed. And they kept looking for me. They couldn't find me. You called 911. It was just because I wanted to see what would happen.

(...)

I called were you. I did somewhere. Maybe there was something on you really were looking for some help. Didn't know it subconsciously.

(...)

And then of course the enabler which is usually the mother that covers up for the father that's drinking and calls in his boss and says hey he's sick. You know covers up more than the enabler.

(...)

But there are a lot of things surrounded these issues and we can't cover all of this short period right now.(...) But as you've seen to yourself throughout recovery a lot of people come in go out come in. What would you what's your feelings about that?

(...)

Just stick around stay in it. No matter how hard it gets. Because being in and out is just painful. It really is. I was in and out for seven years. And so it was a slight pain. You were seven years. I was in and out for seven years. I was two four years and they said oh she'll never make it. They had bets on me.

(...)

Yeah we're the losers.(...) Hopeless and not losers. I see there's part of my not being nice to Pam.(...) We were considered hopeless.

(...)

And that funny though God takes the hopeless. I heard it not too long ago God takes a mess and makes it into a message. Message. Yeah.(...) Anything else you would like to share. No I don't think so. I think that's it.

(...)

I'm glad that I have a better family today.(...) Me and my folks get along a lot better now these days. And me and my sisters do for the most part.

(...)

And do you recommend anyone that's been through domestic violence any places in town that you know of that they can get a hold of.

(...)

I've always enjoyed all of them like any place that I've gone to. Affinity is good.(...) Riverside Rehab is another good counseling place. Terry Riley Clinic. That's right. They have the same program for the abusers I think.(...) They do. There's also a number I wrote down here for Boise if children if you don't have any children that are being abused. And that number is 1 800 6 6 9 3 1 7 6. We also have a statewide helpline for domestic violence.(...) That's area code 2 0 8 3 8 4 0 4 1 9.(...) If you're interested in going to any 12 step a meeting central office number is 2 0 8 3 9 1 3 8 2 3.

(...)

For all 12 step programs in this area you can call 1 8 8 8 2 7 7 0 0 6 8.(...) I'm not quite done with the show yet but I want to make sure I got that in there so people that's listening have some phone numbers.

(...)

How much time do I have left. Oh I thought to what I could do today is share a little bit about the problem. I don't know if any of you've ever read any books or been to any ACA meetings ACA meetings. There's several different ones. There's adult children of alcoholics and then there's just children from dysfunctional families. When me and my brother first started the ACA program I think I was 4 years sober and Mike was 8 years sober. And I remember him calling me saying God I finally know what's wrong with me.

(...)

And I thought I'd read just a little bit of this real quick here. This is what they say the problem is. And maybe you might identify with some of this and give a look in your internet and get a hold of these people and maybe check out one of these meetings.

(...)

And this is what they say the problem is. Many of us have found that we had several characteristics in common as a result of being brought up in an alcoholic home.

(...)

We came to feel isolated uneasy with other people.(...) Especially authority figures and for sure I did. You couldn't tell me what to do.

(...)

To protect ourselves we became people-phasers.(...) You know you could just run over me and I wanted your attention so I just did anything to make sure you liked me. Even though we lost our own identity in the process.(...) All the same it says we would mistake any personal criticism as a threat so you weren't able to because our caretakers our parents would abuse us verbally. We couldn't trust when somebody would say I have our recommendations and we're just we're not criticizing you but we're giving you some healthy feedback. But because we were raised with people that are verbally abusive we get defensive. We don't want to hear it. You're criticizing me. No I'm not criticizing you. You're my sponsor you're such a man.

(...)

What else happens here?(...) Other things we become compulsive personalities. We become workaholics. We try to overachieve and make all the money to fix us. It never worked for me.

(...)

We have a sick need for abandonment. It's really weird. It's almost like we pick people that will abandon us. It's like we live the childhood.

(...)

We live a life at the standpoint of victims.(...) We have an overdeveloped sense of responsibility and I could go on and on. We become reactors and actors. There's more information about this and I'd like to hopefully that you look it up and read more about it. But it's not an easy thing to do. I'm not kidding you. If there had been another way for me to do this and get well I would have tried to find it. But I got sick and tired of being sick and tired of what they say in the program. I was moving. I was overeating. I was over shopping. I had all this dysfunction going on around me and I didn't know what was wrong with me. And I finally had to surrender to the fact that I had to sit still and do some deep work.(...) And I highly recommend that you don't do this by yourself. Actually in my opinion you can't do it by yourself.

(...)

There's no way. I have to have support.(...) I've had to do therapy. I have to go to these meetings. I've got to call out. I've got to let people know when I'm feeling really bad. I've got to let them know. No more secrets.

(...)

I'm keeping something on my wrist right now and I want to share that with you. I was at this little park thing they had and they had a booth there on suicide prevention.(...) It's awesome.

(...)

And on here it says hold on. The pain ends.(...) I didn't know that. I thought I was going to go on forever. And they have a number. So if you're feeling suicidal it's 1-800-273-8255.(...) And they're there to help you.(...) So just try to remember that. That self abuse to try to do it by yourself.(...) I don't do it by myself. And I've been clean and sober for 35 years. Because I'm not going to abuse me anymore. They abused me enough. So why should I keep using me along with what they did. You know. No I reach out. I tell you when I'm hurting.(...) Who am I trying to press anyway.(...) I remember this lady said to me you're going to be in the grave one day and we're going to come to your grave. We're going to say why didn't she just come to a meeting and tell us what was going on.

(...)

We could have helped her. But no you know.(...) Because remember as a child there was nobody to talk to. There was nobody to turn to. That's what you're feeling. But today there is.(...) Today there's help. So say that one word that nobody likes. Say the word help.(...) It's a nasty word.(...) But you got to say help. Anything. We got a minute left real quick. I love just don't do it by yourself. You know like what you're saying. It's so much so much better when you just go ahead and get the help and be with the group. Whether if you find a family member that you can trust or if you can't trust a family member find a counselor on school. That you can maybe help you know if you don't have insurance because I know that's a huge issue is when people don't have insurance they can't go to places like affinity or Terry Riley.(...) But there are other places that are willing to help you out.(...) And they're free of services.

(...)

Thank you. Thank you for being here today. You know you're a blessing to the community. You know that help a lot of women. Thank you. I'm glad we're friends. Me too.

(...)

And this is my little friend wants to say goodbye and tell you don't give up. OK. He needs a name. If anybody has an idea that we should call it. I say stripey stripey. He wants to tell the kids out there. Don't use drugs. OK. Call your call somebody if somebody's abusing you. Don't let anybody hurt you. We're here to help you. Hang in there one more day right. One more minute. That's all it takes. Keep the faith.(...) Your miracles.

(...)

When I look into your eyes I feel the pain in your face.

Episode 18:

(...) [MUSIC]

(...)

[MUSIC]

(...)

[MUSIC]

(...)

Hello everyone, welcome to Time to Heal. My name is Pam Hemphill and I am your host.(...) I bring you the dark side of addiction to a whole new light. Today's topic is going to be about men that have been abused,(...) but not just men, women too, and children.

(...)

A lot of you have heard lately about some different issues that's going around about abuse, child abuse,(...) men abuse, women abuse. So I want to share with you just quickly a short little opinion on our NFL star Adrian Peterson, who is charged for child abuse. And there's a lot of controversy going on. Was it abuse? Was it not abuse? You know, a lot of us are raised from our parents that slapping a child or spanking a child is normal. And he even writes on here that the reason his professional heights is where he's at is because of the parents he had and the way he was raised. But that's not my, that's not my take on this. And I'll tell you what my feelings are, okay?

(...)

What happens is a gentleman like this, with all his pain and all his issues and how he was abused as a child, he grew up and became aggressive. And he found a very safe place to put that anger. And that was on the football field. But apparently he is very professional and very successful, but not emotionally. He doesn't know what to do with those feelings. So he put it on his child. Abuse is abuse.(...) I'm totally against any spanking, any hitting of a child in any way. It's just my feelings and my opinion.

(...)

But he's just not wanting to deal with really what's going on with him. That's how I feel about it. I also want to bring up another case that I heard on the news recently. It's a 20-year-old lady.

(...)

She was accused of striking an Idaho man with the barbell. She hit him four times on the hand and on the head. And he passed out and he lost feeling to his arms and his legs.(...) She said that he attacked her.

(...)

I don't know. We will maybe never know, but does that excuse her hitting him?

(...)

Then there's another case. This one is really hard to hear. So you may not want to listen to this part pre-warning. There's children out there.(...) This is a tough one.(...) This was on a news that there were skeleton remains of three tiny infants were found hidden in the closet.

(...)

In a house that was filled with bugs, mice, dirty diapers and dead cats and dogs.

(...)

The cops said the mom secretly gave birth to multiple children.

(...)

The question is, is this mental illness or is this evil?

(...)

There are two ways to look at it. Mental illness.(...) All of us that have mental illness have a moment of a choice where we say to ourselves, I'm not going to choose to do this. And something happens in our brain and we do something different.(...) Is it a choice? In my opinion, yes.

(...)

I was abused. My brothers were laid out on the floor and beaten by belts and whips and naked.

(...)

My mother pulled all the hair out of the back of my head.(...) I was kidnapped and raped.

(...)

My mother pulled me and pushed me up against the walls.

(...)

I didn't grow up and beat people up and abuse children.

(...)

I turned it inward on myself.(...) And that's usually what most of us do. We turn to drugs and alcohol.

(...)

I want to share with you real quickly before today I have my guest with me, Megan. Hello. And she's going to be sharing parts of her story. But before she gets started, I want to read. I got on Facebook and I asked the men to start sharing with me some of their abuse stories. And I didn't get very many responses. But that makes sense. Because men don't talk about this. They're shamed of it. I mean, it's the same thing. A man calls the cops and he's being verbally and physically abused by a woman. The cops are just laughing at him. It's a shame thing. It's a, that's hiding. Let's not talk about it. But I got this one gentleman to write me a quick little his story. What happened to him growing up? There's a lot of men are sexually abused and they need help. And I just want you to know that there are a lot of organizations out there that can help you. And I just also want to mention quickly this book is what my brother had used growing up and in his recovery and myself too. And it's called Victims No Longer. And it's by Mike Liu. And it's based mainly for men that have been sexually abused.

(...)

And here's Robert's story. My name is Robert and I'm happily recovering alcoholic. He has four years of recovery.

(...)

In answer to Pam asking for men to share their abuse suffered as children.(...) I decided I'd go ahead and share part of my story. I was born in 1963 in northern Quebec, the second child of a marriage that failed before birth.

(...)

My mother had to return to school in order to become a nurse to support me and my sister. We were left in the care of my grandparents.

(...)

I'm a hyperactive person so even as a baby I could not take naps. It was difficult to put down at night. So my grandmother started mixing 7-Up and white wine in my baby bottle. I've heard that many times. Parents putting booze in the baby's bottle to get him to go to sleep. Oh but that's not abuse right? That's just what my grandmother did and my mother did. That's abuse.

(...)

So he goes on to say that at that point the entire family was alcoholics. Later when when I was taken off the bottle my grandmother then started giving me sips from the glass that she was drinking all day.

(...)

See he liked the warm feeling from the tummy. Especially when my grandfather was drinking. He would get mad and easily hit me really hard. By the time I was 5 or 6 I knew where all the bottles were hitting. He was drinking at 5 or 6 years old. At this time I also discovered what it was that my grandfather was doing with my sister upon returning from church.

(...)

This is his grandfather coming back from church on Sundays.(...) He would find his grandfather on top of his sister and her sister was crying.

(...)

She was saying that "Grandfather you're hurting me. He stopped alright."(...) He would come in and try to stop his grandfather and the grandfather would beat him for trying to rescue his sister. I kept trying to help my sister but I kept getting beat up. About a year later my uncle joined the dance. He liked little boys as well as little girls. So I was forced to submit and perform sexual acts that I did not understand.

(...)

And it was usually very painful. I started talking more and more from the available section of alcohol mostly ramen baka.

(...)

Reading this is really tough. I really feel your pain.(...) We hear you.(...) What you've been through Robert. No child should have ever had to go through.

(...)

My heart is there with you.(...) He said his sister would come home looking really weird.

(...)

He said later I grew up but I became a bully at the school. I eventually learned how to fight. See he learned where to put his anger. He couldn't put it anywhere so he put it on hurting people. And some of us do that. We don't know what to do with the abuse that happened to us as children. We don't know who to talk to or what to do with these feelings. So we fight and we run and later of course we find drugs and alcohol.

(...)

Thank you very much Robert for sharing your story.

(...)

So what I want to do right now is just turn here to Megan. Give me a minute. That was really tough to talk about. I mean this is lightweight. There are there's more and thousands of us out there that's been abused like this and thousands that are committing suicide. Not a few.

(...)

I don't know what to do and don't know how to talk about it.(...) So what we're doing is we're talking about it. You know you're not alone. You do recover from this. So I'm going to turn to Megan and let her share a little bit about her story.

(...)

Well I'm Megan and I'm in recovery.(...) I've been for almost seven years.

(...)

Growing up was a little difficult. My mom and my dad always used to yell at each other. My mom used to throw or shut the cupboards really hard and the doors really hard slamming them. I can recall that there's times that she'd spank us and I in turn would ended up drinking because of it. I know she threw me across the room one time and her excuses have always been well you try to handle 380 HD children. So I just left it at that but I turned to alcohol and any hard liquor that I could get a hold of. And then I also by the time I was 13 turned to slicing and branding myself. Slicing and branding myself. And then end of pot.(...) And then I also turned into there was people that bullied me because my dad went to prison when I was 13 years old.

(...)

When I was 13 years old he went to prison so I turned to pot.(...) And then I got into abusive relationships. When I was about 17 I got into meth and met this guy who I thought the world of. I loved him. Would do anything for him. He was physically, verbally and mentally abusive towards me.(...) This last go around he grabbed my head and bashed it against the wall and strangled me. And actually just had a test guy against him and that was really hard in itself.

(...)

Seeing him again was like oh my god I married that guy are you kidding me. I stayed with that person for 7 years thinking that I could fix him. What I couldn't even fix myself.

(...)

So it was just kind of difficult.

(...)

There's a lot of talk out there about that. Why do they stay?(...) Why do they not stay? No why do they stay with him like that?(...) I thought I could fix him. I thought like I could make him all better. And I thought my love would just be fine enough for him and it never was enough.

(...)

I want to share some more.

(...)

And so of course I turned into more drinking and more drinking and more drinking.

(...)

And I got away from the meth for the most part and got more into drinking. And all the friendships that I have were in a black hole.

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So how long have you been cleaning silver now? Almost 7 years. 7 years?(...) I've been in a much healthier relationship.

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So you're remarried now right? Yep I'm remarried and I've got a little girl and she's such a sweetheart. And hasn't your husband just got 10 years in recovery? Yeah he just got 10 years.

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I know I'm special.

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So for you and your recovery what has been the hardest for you? You know, do you have experience in your impression? Oh yeah when my son passed away.(...) That was really really difficult. He passed away from epilepsy.

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I called were you. I did somewhere. Maybe there was something on you really were looking for some help. Didn't know it subconsciously.

(...)

And then of course the enabler which is usually the mother that covers up for the father that's drinking and calls in his boss and says hey he's sick. You know covers up more than the enabler.

(...)

But there are a lot of things surrounded these issues and we can't cover all of this short period right now.(...) But as you've seen to yourself throughout recovery a lot of people come in go out come in. What would you what's your feelings about that?

(...)

Just stick around stay in it. No matter how hard it gets. Because being in and out is just painful. It really is. I was in and out for seven years. And so it was a slight pain. You were seven years. I was in and out for seven years. I was two four years and they said oh she'll never make it. They had bets on me.

(...)

Yeah we're the losers.(...) Hopeless and not losers. I see there's part of my not being nice to Pam.(...) We were considered hopeless.

(...)

And that funny though God takes the hopeless. I heard it not too long ago God takes a mess and makes it into a message. Message. Yeah.(...) Anything else you would like to share. No I don't think so. I think that's it.

(...)

I'm glad that I have a better family today.(...) Me and my folks get along a lot better now these days. And me and my sisters do for the most part.

(...)

And do you recommend anyone that's been through domestic violence any places in town that you know of that they can get a hold of.

(...)

I've always enjoyed all of them like any place that I've gone to. Affinity is good.(...) Riverside Rehab is another good counseling place. Terry Riley Clinic. That's right. They have the same program for the abusers I think.(...) They do. There's also a number I wrote down here for Boise if children if you don't have any children that are being abused. And that number is 1 800 6 6 9 3 1 7 6. We also have a statewide helpline for domestic violence.(...) That's area code 2 0 8 3 8 4 0 4 1 9.(...) If you're interested in going to any 12 step a meeting central office number is 2 0 8 3 9 1 3 8 2 3.

(...)

For all 12 step programs in this area you can call 1 8 8 8 2 7 7 0 0 6 8.(...) I'm not quite done with the show yet but I want to make sure I got that in there so people that's listening have some phone numbers.

(...)

How much time do I have left. Oh I thought to what I could do today is share a little bit about the problem. I don't know if any of you've ever read any books or been to any ACA meetings ACA meetings. There's several different ones. There's adult children of alcoholics and then there's just children from dysfunctional families. When me and my brother first started the ACA program I think I was 4 years sober and Mike was 8 years sober. And I remember him calling me saying God I finally know what's wrong with me.

(...)

And I thought I'd read just a little bit of this real quick here. This is what they say the problem is. And maybe you might identify with some of this and give a look in your internet and get a hold of these people and maybe check out one of these meetings.

(...)

And this is what they say the problem is. Many of us have found that we had several characteristics in common as a result of being brought up in an alcoholic home.

(...)

We came to feel isolated uneasy with other people.(...) Especially authority figures and for sure I did. You couldn't tell me what to do.

(...)

To protect ourselves we became people-phasers.(...) You know you could just run over me and I wanted your attention so I just did anything to make sure you liked me. Even though we lost our own identity in the process.(...) All the same it says we would mistake any personal criticism as a threat so you weren't able to because our caretakers our parents would abuse us verbally. We couldn't trust when somebody would say I have our recommendations and we're just we're not criticizing you but we're giving you some healthy feedback. But because we were raised with people that are verbally abusive we get defensive. We don't want to hear it. You're criticizing me. No I'm not criticizing you. You're my sponsor you're such a man.

(...)

What else happens here?(...) Other things we become compulsive personalities. We become workaholics. We try to overachieve and make all the money to fix us. It never worked for me.

(...)

We have a sick need for abandonment. It's really weird. It's almost like we pick people that will abandon us. It's like we live the childhood.

(...)

We live a life at the standpoint of victims.(...) We have an overdeveloped sense of responsibility and I could go on and on. We become reactors and actors. There's more information about this and I'd like to hopefully that you look it up and read more about it. But it's not an easy thing to do. I'm not kidding you. If there had been another way for me to do this and get well I would have tried to find it. But I got sick and tired of being sick and tired of what they say in the program. I was moving. I was overeating. I was over shopping. I had all this dysfunction going on around me and I didn't know what was wrong with me. And I finally had to surrender to the fact that I had to sit still and do some deep work.(...) And I highly recommend that you don't do this by yourself. Actually in my opinion you can't do it by yourself.

(...)

There's no way. I have to have support.(...) I've had to do therapy. I have to go to these meetings. I've got to call out. I've got to let people know when I'm feeling really bad. I've got to let them know. No more secrets.

(...)

I'm keeping something on my wrist right now and I want to share that with you. I was at this little park thing they had and they had a booth there on suicide prevention.(...) It's awesome.

(...)

And on here it says hold on. The pain ends.(...) I didn't know that. I thought I was going to go on forever. And they have a number. So if you're feeling suicidal it's 1-800-273-8255.(...) And they're there to help you.(...) So just try to remember that. That self abuse to try to do it by yourself.(...) I don't do it by myself. And I've been clean and sober for 35 years. Because I'm not going to abuse me anymore. They abused me enough. So why should I keep using me along with what they did. You know. No I reach out. I tell you when I'm hurting.(...) Who am I trying to press anyway.(...) I remember this lady said to me you're going to be in the grave one day and we're going to come to your grave. We're going to say why didn't she just come to a meeting and tell us what was going on.

(...)

We could have helped her. But no you know.(...) Because remember as a child there was nobody to talk to. There was nobody to turn to. That's what you're feeling. But today there is.(...) Today there's help. So say that one word that nobody likes. Say the word help.(...) It's a nasty word.(...) But you got to say help. Anything. We got a minute left real quick. I love just don't do it by yourself. You know like what you're saying. It's so much so much better when you just go ahead and get the help and be with the group. Whether if you find a family member that you can trust or if you can't trust a family member find a counselor on school. That you can maybe help you know if you don't have insurance because I know that's a huge issue is when people don't have insurance they can't go to places like affinity or Terry Riley.(...) But there are other places that are willing to help you out.(...) And they're free of services.

(...)

Thank you. Thank you for being here today. You know you're a blessing to the community. You know that help a lot of women. Thank you. I'm glad we're friends. Me too.

(...)

And this is my little friend wants to say goodbye and tell you don't give up. OK. He needs a name. If anybody has an idea that we should call it. I say stripey stripey. He wants to tell the kids out there. Don't use drugs. OK. Call your call somebody if somebody's abusing you. Don't let anybody hurt you. We're here to help you. Hang in there one more day right. One more minute. That's all it takes. Keep the faith.(...) Your miracles.

(...)

When I look into your eyes I feel the pain in your face.

Episode 19:

[MUSIC]

(...)

Hello, welcome to Time to Heal. My name is Pam Hemphill and I'm your host today. Today we're gonna be talking about domestic violence against men.(...) But not just, the issue about domestic violence is not just domestic violence, it's about abuse. A lot of people wanna separate it and say abuse against women, abuse against men. It's about abuse against men, women, and children. But today our focus is on men, because this is an issue that is not brought up in the community and it's not brought up nationally enough. And we wanna start doing that.

(...)

About 20 years ago I went to a workshop and I talked to this lady, I'd read a book called When She Was Bad, and she was a social worker. And I said, we need to bring the awareness about men that are being abused in our country. And she turned to me and she laughed. She says, men are abused, I mean, and if they are, so what? They can handle themselves. It's the women we need to protect. I think it's time us women take some responsibility and get off that, get rid of that abuse card and say it's all him and it's not me. Because in a lot of cases women are provoking it, they're bringing it on. And so today I have two guests with me, Matt and Tammy, and they're gonna share a little bit about their own story and the issues and the problems they see in our community regarding abuse. And hear how they feel about this. So I'd like to start off with you and you share with us what you're experiencing.

(...)

So tell us, were you ever abused by a woman? Yes, I was.

(...)

Did she physically hit you? Did she verbally abuse you? Yeah, physical and verbal, a lot.

(...)

I actually, I was raised probably about the same with verbal and physical.

(...)

Verbal and physical abuse. Well, what did she do? Did she hit you in the face? Did she stab you? I've had knives brought up to me. I've had threats of my life and my body to household items,(...) you name it. And I don't know, it's been really hard. It's been really hard. Yeah.(...) As a man, is it hard to reach out and ask people and tell them, ask for help and tell them that you're being abused? Has it been hard?

(...)

My aspect, no, because I have a few resources, let alone that I have an open heart and open mind. So when I talk to somebody, if they're going to like it or not, it's, I'm just, I'm trying to fish out that one person

that does care about, you know, the topic I, I, that I'm going through at this moment. But I have spoke with a lot of men that have had, you know, the stereotypical, you know,(...) men are, you know, the tough ones take it, you know, it's a girl, she's smaller than you, you know, all the cliche things, you know, us guys, since we were little dudes to now, you know, have been brought up in or seen in movies to friends, families, uncles, you know, it's just, you know, let the woman do what she wants to do. Happy wife, happy life, you know, kind of scenario. Yeah. And it's ultimately, it's just it's human. We shouldn't do that anyway. So anybody has nothing to do with the man is the predator or predator because of the situation, because I spoke with people that have had been arrested for incidents that(...) as small as I know, I have, I know somebody who actually had a male has actually got a domestic violence charge after cops were called. He had scratches all over his face and they he got attacked in a parking lot by his his spouse at the time. Well, he took her glasses off out of anger and threw them on the ground. He got arrested for domestic violence.

(...)

And I've and there's been multiple stories I've heard where guys have been hung out to dry than and the girl walks away and it's in I've shared it with people, you know, if a woman were to have a hand laid by a partner and she went to friends, they would comfort. They would, you know, hey, do you need to call the cops? Do you need anything right now or whatnot? And if it was with the male, it's so typical if I were to speak like most guys, if they were to speak to another guy or friends or whatever else, they go, oh, you know, my girl's crazy. You know, I got to sleep on the couch and I make it a joke. And ultimately, when it really comes down to if that person,(...) you know, had somebody comfortable enough, they would probably say, hey, man, you know,(...) on the real note, I am this sucks. I'm here. You know, I love this person. I've gone through it. I have to walk around with scars on my face. And it's just the main thing. The main thing is society's made it socially acceptable to see it. Yes. And I've watched hundreds of YouTube show clips and and and skits where they will do males attacking a female in public. And there is multiple people about to start a small war to save this female. And and they they'll turn around where a woman is just annihilating this man in the same way, same scenario.

(...)

And there's I've seen people just walk with a laugh. They'll just go by like it's nothing because it's just.

(...)

It's just what it is. Actually, this is not new, because like I shared 20 years ago, I read the book called When She Was Bad and she did a research and all the statistics of men being abused. But the book wasn't being the cells of the book was really low. Do you know right now that book is being sold like crazy,(...) but it was the same attitude. Yeah, they're men. They can handle it. You know, they don't their feelings don't get hurt.(...) Yeah. It's sad. In any aspect, and there's a lot of places that just use just the females to protect. And I myself have had to go through a situation like this where the grace of God, the officers that were there at the time actually treated it not just they treated as it was supposed to be treated. And it worked out and that was a really good experience.(...) And, you know, it.

(...)

They had information for me if I needed to pursue, you know, counseling for me or my son, because it happened in the house of me and my son.(...) And it was police officers like that that should should be able to look at situations like that as human to human, not, you know, male to female, female to male, and

then then pick the best one that they suit. Hey, it's a guy he's going. Hey, it says he's going, you know, no matter what the situation is. It's right. Abuse is abuse. Doesn't matter if it's a male or female. And that's what I want to get across, you know, especially on this show.(...) How do you really decide what abuse for a man or woman is worse than the other? You can't. Well, I wasn't even given any I've I've I've known through, you know, just life or whatever else that if something like this happens that there are, you know, victim places that you can call to seek the counseling or you can. You know, there's there's people that contact you during situations like this, mainly here through the females. I wasn't even given options to have any of that. It was just here's court dates if you want to show up to him or not. So there's no services for you. No, I want to speak here with Tammy a little bit about that. If you don't mind, just I want to go over here because you've been doing some research in our community about the services. I definitely have, Pam.(...) And I'm really grateful that you're doing this show and bringing awareness to the issue at hand. October is Domestic Violence Awareness Month. And so I think this is a really great time for us to go ahead and bring this to light.

(...)

I have heard stories like Matthews,(...) countless stories, which has championed my cause for this at this time.

(...)

When I started looking into this, it kind of opened up a whole new world for me. And I got to see the actual family dynamics of how this even presents itself. And that's going to come back to the very beginning. And most children who witnessed domestic violence or have had abuse perpetrated on them as children will go on to either find relationships that are similar. They're either going to be the perpetrator or they're going to either be the victim.(...) And so the cycle will continue to repeat until someone puts a stop to it. Fortunately today, which I'm really grateful for, they have resources for women and tons and tons of them. And that took a long time for them to get that. The unfortunate part about that is that they're the men have kind of been pushed under the rug at this point. And so I know that in my own experience, I thought in my own life, I carried it on into my marriage.

(...)

I allowed my children to witness me being domestically abused. Took me a long time to get out of that relationship.

(...)

Now, as a result, my children have actually gone through those same events.

(...)

And my both boys have and have had their other significant others arrested.

(...)

But my middle son currently right now has just had the worst time and his our experience with the community here in Boise and law enforcement as well as the victim services was really frightening when we started looking at it and trying to reach out and get help. I told my son that he needed to call the police

during an episode where there were witnesses that watched his little girlfriend at the time just pummel him. And he did. And I was on the phone with my sister who had witnessed it and was listening to the officers and how they had treated him. And he has two children with this girl.

(...)

They told him that he had to leave the home. They wouldn't have her arrested. They laughed at him because she was really tiny and he was really big. And he says, listen, I'm just trying to do the right thing. You know, I want this to stop. And they told me that this is what I'm supposed to do and you're not doing it. And so they didn't. He's had more than one occasion where that's occurred. They told him that if he didn't leave, he was going to be arrested. So he had to leave his children with this abusive woman.(...) That's the unfortunate part. That abuse stopped and he eventually got to another one. And that is carried on to the point that my son has literally I know when we reached out, we reached out to the Women's and Children's Alliance, which was about the only thing that offered any type of help for the men here.(...) That that is a battered women's and children's shelter. When I called them,(...) they said that due to funding and because that was a facility mainly for women and children, that they had no ability to put up a male who was leaving with children. All right. Or leaving period.(...) The best that they could do for us was possibly put him in a motel for a night. The mission couldn't take him if he had children.

(...)

And they send these men to the homeless shelters if there is any men that ever come forward. The men in this valley don't know that there's any resources available. I have talked to the head of the Idaho Coalition Against Domestic Violence. They have funding for this, but the areas that have this funding are not putting that out. I went to a forum last week where they spoke on domestic violence. Male domestic violence was not brought up one bit.

(...)

When I approached it at the end of it, they were kind of dumbfounded and the response from the audience was tremendous. And I was very excited about that. They kind of just spun backwards and the hornets nest opened up and they have no services and they admitted to the fact that they were not educated on this and that that it was just now being brought to light. So what would be the first service you would think that we need in our community? The first service that we're going to need in this community actually is when law enforcement actually comes in contact with the victim.

(...)

They need to be taken seriously. And I think that it's been really skewed to look at the females as being victims solely. Reports that I have read state that most violence is reciprocal. That means both of them are hitting each other. And most times women are instigating that especially if they know that either they're not going to get hurt or nothing's going to happen and they will use threats against the male. They're going to take their children away. They'll call the cops and have them arrested or whatnot. So they know they have that card because they are women. That's an unfortunate part for the men. OK.

(...)

I know the abuse got so bad for my middle son that he attempted suicide this year and we nearly lost him. OK.

(...)

He just couldn't handle it anymore. And they go through battered. They have a battered women's syndrome which women are actually legally allowed to murder their husband premeditated murder. That is a law that is on the books of 15 states.(...) OK.(...) Try to put that one for a man. OK. They've got nothing. It's not going to happen.

(...)

So he knows that there's absolutely nothing out there to help him. And we've reached out. He gets laughed out by law enforcement. He gets told to leave his home. He attempts tempted suicide. Luckily you know he made it through a week after being released from the hospital. Him and his spouse got to another fight where she severely abused him.

(...)

And she had called the police because he had a traffic warrant. She wanted him out of the house. So he was the police officer showed up. They arrested him on the traffic warrant when he asked. And I had witnesses that had watched her do it. And I was on the phone listening again. The officer said we're just going to take you to cool down. Everything's going to be OK when he specifically asked to have her arrested for domestic violence. No one did it after repeated times of things like that happening. Eventually their willpower is going to break or they're going to get the beat dog syndrome just like a woman who would murder her husband who has been abused. And they're going to snap and pop back. And when they snap and pop back guess what she's going to get hurt. All right. Chances are she's getting hurt really bad. And who is going to jail. The man is. But they're not going to see the fact that he had been in an abusive relationship. They're going to say that he should have left and he should have did this. But male victims suffer from the same thing. They love the girls. They love their kids. They have the same reasons that they say that a woman does.(...) And.(...) And so for me it's important when I reached out into the community and I started talking to people how shocked they were that this was even an issue. And they were all completely uneducated. The eight account a prosecutor was completely unprepared for that.(...) Let's see. Women's and Children's Alliance faces. Women's and Children's Alliance offers a domestic violence class for.

(...)

It's supposed to be gender inclusive. All right. But it is largely because I have attended it just to see what this was. And it is all females. If a male was to walk into that particular situation at this present time.(...) What would happen is you've got two different victims with two different sets of issues. OK. They're both going to. That's going to re traumatize them. You cannot put them in the same room because they're dealing with separate issues. Men are dealing with the social stigmatism. Women are dealing with that whatever the issues is that are at hand there. Their family their children. They're dealing with something completely different. It has to be addressed differently. And I've been in contact with WCA and I'm going to be working with them hand in hand to try to make sure that we. Go ahead and make this a gender inclusive treatment facility and that the community becomes aware that we're going to work at making sure that male victims have the opportunity. Right now they can get counseling there if they are actually a victim and the charge has been brought up against.

(...)

They can receive free services actually at the Women's and Children's Alliance for counseling. Most people don't know that when I spoke with the head of the Idaho Commission on Domestic Violence. She said that there has been a remarkable increase. She has seen a remarkable increase because she oversees that portion of the domestic violence treatment classes and she has seen a remarkable increase in female offenders. They had not anticipated it to be that way. I think that's where it's going to start first is those women need to be arrested. And once they're arrested and brought in front of the judicial system and they start to see that stuff and they start to get the treatment then they can get the help. But like I asked the county prosecutor this if this is true then that means that there are victims.(...) If there is a remarkable increase in the females being arrested and actually going through their 52 week domestic violence counseling classes then.

(...)

Then where are the victim services that means there's victims and so it starts first in the legal system they got to get in there and then they'll notice yeah we do have victims and so that's what I'm here to do. So this week actually at Boise State University on Tuesday from 10 to 4 at the women's center they have the clothesline project they have a men's center there. They do not have a men's center. Why is that. I don't know I have not asked that question but that is a very good. I don't have any issues that they need to address.(...) I don't know I don't know if they do or they don't I know they don't have a men's center specifically. Okay they do have a women's center. How many domestic violence shelters are for women and how many compared to men.

(...)

Domestic violence shelters here in the valley or just even in the United States there are there is only one male domestic violence center and that is centered in California. They send to the home you have to go to the homeless shelters. Yeah yeah there is absolutely nothing and. And so the close the national clothesline project actually if you go on their website you'll see that it is strictly for women victims. There is no notice of male domestic violence victims. So they have played very well for me. Look at me. I'm the victim. Feel sorry for me. I need all this help. It's worked really well. Right. Well there have been victims. Let's not minimize the fact that there has been female victims. Okay. I am one of them myself. Okay. Me too. And so with that they have the right to be protected and so do their children and I'm grateful for those.(...) Yeah to make everything even equal it out. That's what I. My story. I was thrown down the stairs and put in the hospital. He got the kids.

(...)

Right. And so that's what we want. All we want is kids and I lost. I got in trouble. He didn't get arrested for anything. All we want is the opportunity for men to be viewed as equal. That's what the women fought for. And now the men have kind of just allowed it to happen and not kept themselves at that point in this at least in this arena. Because I at least know from my experience through men that I've spoke with that that I've gotten charges as domestic violence due to their own choices. They have when they go when they go in front of a judge or whatnot the plea bargain or they're fighting for it to have something dismissed. You know whatever else whatever that person's after I myself with my kids mom when they were contacting me I had the prosecutor attorney contact me that was all who contacted me asking me what I wanted to do in their circumstances because they wanted my voice or whatever else I says and I said you can put her in jail. It's not going to fix nothing. She has a history of violence.(...) I says if anything I says she I would recommend a little bit of help. I said we have kids together. I said I said that's the only reason I

want her. The only thing I would ask is for her to get some help with the substance and a history of violence. Yeah. We have some different relationships or just her whole life. Her whole life. Her whole life. She can have the band prior with the family. But that's it. And I requested that I don't want jail or anything else. It's not going to fix nothing. She needs treatment and said they'll take that in consideration. They said they will call me after and let me know the thing.

(...)

It was like six hours of community service. That's all. Do you get any treatment treatment or basic domestic. A male if a male were to do that same exact scenario same story same everything else. He is going to get that's there.

(...)

Oh it's mostly bargain is getting is maybe a month or two less sentence in county on probation. It's true because I talked to the actual parole probation office felony district at the district for I believe.

(...)

And the case the POs that handle that caseload there's two of them and in the two years that he's been working it. He's only seen two felony actual domestic violence female cases and I asked him why he thought that was. He says well because the majority of the women he goes it's not that it's not happening because it is. He goes it's just that the women are pleading down or being allowed to plead down the lesser charges and or charges that are unrelated to. So therefore the majority of them are not getting any domestic violence treatment and going underneath the radar. And he said and that's really unfortunate. But he has only supervised two out of his whole case load. So assault is not assault it depends on the gender. I mean isn't that an assault charge. It's a period period race color age if it's domestic that means it's a couple.(...) Does that mean or under the same household you can get it between and into two people in an intimate relationship. That's not assault. It's a domestic domestic assault. OK I don't know what the exact terminology is. Even roommates can can catch domestic violence. It's under the same house. That's true. You know in cases we have stories after stories after what you're sharing. Thousands and thousands. I just wish more men would speak up. So it has to start with the law has to start with getting rid of the stigma and we just have to start with it's not men it's not women it's abuse. It's abuse. What do you feel about that. You agree. Yeah but it's going to take the courage of men to stand up and say that's enough. You know we need it. We need to be treated equally. Even somebody who has a like a female that has maybe has done it like laid hands on a male or child any and whatnot and she's worked through it and had time to heal for what she's done was strong enough to be able to come on and say hey you know what I have been this person and it would and it would help men. I know it would for a woman to say to admit her wrongs it would be no difference than if a male who was the abuser were to go into a room and share you know that he was the one that was in a mending to society and you know that there are people out here that you know have you know done what they've done but ultimately you know they're trying to be different and it would and most men don't see that a female would do that. Violence on men is a society acceptable. Right. OK you see it in every card every cartoon. Well yeah a lot of the cartoons even Disney Tangled shows it specifically. So they're teaching them really young that if your girl you can get away with this. All right.

(...)

And as well in fact everyone is stopping it. It was a clip where it showed all these movie stars slapping them in. Yes that's exactly right. It is socially accepted in media.

(...)

They make ads on this you know making fun of you know.

(...)

I saw one that was so violent there's pictures of these guys are all in a emergency room and one's got a heel stuck in his head and the other one's got a vacuum stuck someplace it shouldn't be another guy with something stuck in the side of his face and they're like well that'll teach you not to buy her that Christmas present. And I thought you know yeah and we all become so desensitized to the abuse on males that even males are accepting of it. OK and even they will challenge each other and laugh and provoke them and make fun of them and they'll ride ride along with that. That's funny. And I and when Matthew was talking about the fact that if women would come out see the thing is when I was when when I was raising my boys the thing had come up where where they had actually when the kids would get in trouble and the boys would get in trouble. They'd always run for me when they were teenagers and I'd throw a shoe at him and the joke had always been that mom's shoe had a heat seeking missile on it. All right and it would always find them. Well we'd laugh about that for years and years and when I started to uncover and go through all of this stuff I started to see that what I had actually done was the first woman they ever loved. Was the first one that ever abused him and even we thought it was funny and I didn't know that I didn't know that I had shown them that that is how this works. OK not only had I shown them a father that did it. All right. But I was showing them that it was acceptable for them to receive that type of abuse because she loves me. Therefore that must be the case. She just wants me to straighten up. But you had learned it somewhere. I had learned it somewhere but irrelevant to use. But I mean you're right. But it was laughed about for a lot of years. And so here's the thing. Until women come out and realize the impact that they're actually having on their children and on each other and the men and men can actually come together and do that. Which this tomorrow or no Tuesday at noon we're going to have men going down to the BSU Women's Center to actually make t-shirts for domestic violence. And so I encourage everyone to come out that is either been involved with someone that has been abused family members or anything especially male victims to go out and let their voice be heard and be there at 12 noon at the Boise State University's closed line project. Is there any support center at all for men to get together and talk and share. No I had I know somebody that came over and was actually sharing a story because he had a bruised up eye and red face. Long story short he was he was going through an abuse abusive relationship and he I was asking him questions and he says he didn't know what he was supposed to do. He has nobody to talk to. He says I googled a hotline and it was women's abuse hotline. And he says when he called me was talking to them the lady said he asked is there anything I can do. She literally laughed and hung the phone up on him. So let's start a men's support group. And what what I have spoken with Matthew about and several other men about doing is trying to start that support group so they have each other at a brotherhood and that's what they need is each other. Is there any contact number at all for anyone to contact. Currently right now there isn't probably have them reach out to your website and we can start to gather that information and get that to the WCA and other areas out here. OK so audience you can call Erico 208 340 3274 and I'll get that information to you as soon as we get a group started because we really need.

(...)

This for our men that a place a safe place to go to talk about what really going on. I can't thank you to enough for coming today. I really appreciate it. You're helping so many people. You're a blessing to our community.

(...)

And again remember you're not alone. There's a lot of help out there. We're trying to bring more help but we do care there and God isn't going to give you more you can handle OK. Just reach out right now call somebody and let them know what's going on. The main thing is don't keep any secrets. That is not a good idea. You know those secrets get buried and along with that becomes depression and suicidal thoughts.

(...)

So give us a call. We're here to help you and don't give up because your miracles on its way.

(...)

(explosion)

Episode 20:

(...) [Music]

(...)

Welcome everyone to Time to Heal. My name is Pam Hemphill. I bring you the dark side of addiction to a whole new light. Today I have with me a guest. His name is Casey and he's going to be sharing his story. What it was like for him during his lifetime using drugs and alcohol.(...) So let's welcome him and get started here.

(...)

First, do you want to start by sharing a little bit? How did you even get started using alcohol and drugs? Well, I grew up in kind of back and forth between Missouri and Kansas, in and out of different homes, families, friends and whatnot.(...) And one particular house that I lived in, it was customary for all the kids at dinner to all have one beer.

(...)

It was customary? Yes. So at dinner we all had beer.

(...)

Sometimes you'd be, if someone wasn't drinking theirs, you'd drink theirs or get a couple of extra sips or whatnot.

(...)

I grew up, you know, partying and hanging out, you know, with,

(...)

especially when I wasn't going to school with my mother and whatnot, it was just acceptable.

(...)

My uncles were prone to give me little drinks of their alcohol when I was younger. And so that was pretty much my start. So you had a big family? Yes. And they all drank and it was just normal to drink at dinner and have a beer. Yes. What age are you talking about? Well, I wasn't going to school at the time, so I wasn't in kindergarten or anything. So I would say I probably started about three or four. Would you say your mother or your father was alcoholic?

(...)

My birth mother, she was, yes. Birth mother? Yes. Explain that. What do you mean?

(...)

It's kind of, throughout my time I had my birth mother and then I had my mother that I live with right now.

(...)

So you were adopted?

(...)

Yeah.

(...)

And your father, did he have a drinking problem?

(...)

Not to my knowledge. So it was just like a ritual that more than anything else to drink. Yeah.

(...)

And so were you raised, where were you raised?

(...)

Back in Portland, Missouri and Kansas. And Kansas? Yeah. And how many brothers and sisters did you have?

(...)

I got a, well really, I got an older brother that I grew up with.

(...)

And then through my adoptive family and whatnot, I have other brothers and sisters.

(...)

And where did you find it for you when you drank? When did you know it started to become a problem for you?

(...)

I think I really started noticing that it was a problem when,

(...)

from the time I got up to the time I went to bed, that's all I did. At what age was this?

(...)

It started getting worse, but about 15, hanging out with my buddies and stuff.

(...)

Originally I just started drinking out. I would drink with my friends just Friday and Saturday.

(...)

Then it started going Friday, Saturday and Sunday.

(...)

Then it started going further and further on into the week.

(...)

I skipped school a couple of times to get drunk or smoked weed or whatever it may be.

(...)

So it just started getting worse, but about 17 all the way to 19.

(...)

By the time I hit 19, it was bad. It was pretty much go to work,(...) come home, drink,(...) pay my bills if I thought they were important, and go drink.

(...)

I went and I had a bleeding ulcer in my stomach. At that age? Yeah.

(...)

So I went to the hospital. The doctor pulled me aside.(...) He said, "It looks like you like to drink that hard alcohol." I was like, "I don't know what you're talking about." He goes, "This is all confidential between me and you." He goes, "The hard alcohol is starting to erode the mind into your stomach."

(...)

He was like, "If you want to live to C21,(...) I suggest you cut back on the drinking."

(...)

Later on that day, I went home after going to the hospital. I think I ended up pouring down the drain about $250 worth of alcohol.

(...)

So I started feeling a little better.

(...)

I went back to the same old, same old. How long did it take you to get back to drinking?

(...)

Probably about a month, two months.(...) Very fast, same time.

(...)

Because it sounds like you were already in the late stages. Yeah.

(...)

Then what happened? Tell us what happened after that. You went and stirred back to drinking. The drinking and ripping and running in the streets.

(...)

Some personal problems, some financial problems.

(...)

Were you getting any trouble? Did you get any deals? Yeah, I did.(...) I actually ended up getting two DUIs in the same week. Oh. But three DUIs in the same month. Any injuries to anyone? I didn't injure anyone, which I'm lucky for that.

(...)

Aside from a couple of torn-up cars and some hurt pride.(...) To the best of my knowledge, I didn't hurt anyone. Did they send you to treatment?

(...)

I didn't. Well, on the last one, ultimately I ended up catching a couple other felony cases.

(...)

They all rolled into one big deal and I ended up just going to prison.

(...)

So I went to prison from 2000 to 2013. For the DUI? No, just a whole array of different charges. True. Alcohol related. But at the base of it,(...) all behind alcohol. All behind alcohol. So how many years did you have to stay in prison? I was in prison for 13 years. 13 years. Oh, that's a long time. Yes, ma'am. Well, what was it like for you there? Were you able to get into the program at that time? Well, when I first got

there, I was young. I felt that I needed to make a name for myself. Oh, yeah. So I got involved in as much trouble as possible.

(...)

Is that how they survived in prison?

(...)

Sometimes. You know, everybody finds a different way to make it. You know, I just found my way to make it was to be in as much trouble as possible.

(...)

So I went, you know, there's a prison, breeds its own culture aside from society.(...) A lot of things you find in society, you find inside prison. It may be tweaked a little bit, but it's still there.(...) And so one of the major things that I did in prison was I made alcohol.

(...)

So I went from being young and drinking on the streets to being in prison just a little bit older and still steady drinking.

(...)

And so I actually drank for like the first seven years of my prison sentence.

(...)

And you know, we send people to prison.

(...)

They're thinking it'd be safer for them, safer for society, get them away from the drugs and the alcohol that brought them there in the first place. And then here it is right there in prison. Yeah. Was there drugs there too? Yeah, they got a little bit of this, a little bit of that.(...) It's still hard to understand. How did they allow this? Yeah, well, with the alcohol it's pretty much basically it's homebrew.

(...)

Pretty much all the ingredients for it are supplied for you. You talk to this person or that person and you can get your hands on it. And so my last little trip with the drinking,(...) basically I was already doing a long stint in prison. And when I got busted with the alcohol,(...) you have the possibility of being charged as if you were on the streets and got caught with drugs. Oh really? So when it all panned out I was looking at another 40 years to what I was already doing.

(...)

So that was a pretty deep scare.

(...)

I wrote my mother, I told her about it. She wasn't too happy about it. She's getting older,(...) you know, and she gave me something to make me think about what type of decisions I was making with my life. What was that? My mother, I wrote her and I told her what happened. And she basically told me, she says, if you continue to get in trouble,(...) if you continue to do everything possible so that you can't be released from prison, there's a good chance I won't be around when you get here.

(...)

So it definitely opened my mind and my eyes, but it definitely pulled,(...) it shipped away some of the darkness and the ice I had around my heart to keep me protected from everything else inside of prisons.

(...)

So it bring me back to who I was before.

(...)

Which was?(...) You know, I grew up,(...) you know, I know how to be loving, I know how to be caring, understanding, be kind to others.(...) But as you get into drugs and alcohol you start losing all that.(...) And the only thing on your mind is,(...) how can I get my next drink or how can I get my next fix and you don't care who you run over in order to do that. Yeah, that's part of the, in the book they talk about that, the self-centeredness. It's an ugly part that I didn't like about myself too.

(...)

It definitely made me wake up. I'm so sorry that you've had to go through so much in your life with alcohol. Did drugs interfere too? Is that a part or mainly alcohol for you? You know, I would say marijuana, but you know, I like to smoke here and there.(...) But,(...) you know, when I started figuring out how much it costs in order to smoke every week or every day, you know, that's a lot of money.(...) So I was like, you know, it's not for me,(...) you know, marijuana wasn't for me.(...) And I've never been prone to be involved with crack or cocaine or meth or anything like that. So most of your troubles were all stem from your alcohol. It just all stem from drinking. A lot of people today, because of the heroin epidemic and meth, you know, we're missing that alcohol, you know, is still there. And it creates just as many problems and causes just as many deaths as all the other drugs or something. But it's legal. Yeah, and I think that's the thing that gets most people is that they say, well, if it costs so much damage, then why is it legal? Yeah. You know? Well, the women started prohibition and women ended it. Yeah. Too much money to keep it going because society. But I want to go back to your story. And so after prison, what happened then?(...) Well, after. Well, back. I'm sorry. Did you turn yourself around? Yeah. So I got into that to that little scare. And I got lucky that, you know, someone was looking out for me.(...) So.

(...)

I at that time, because of just everything that was going on in my life, I still had that urge to drink. But I was like, it's not worth it. It's not worth missing more time with my kids, missing more time with my family, especially missing out on seeing my mom.

(...)

So,(...) you know, I did everything I could. You know, I started I started going to church, you know, started talking to people.

(...)

There's a couple older gentlemen, you know,(...) hey, you know, I got this book right here. You know, you want to take a look at this book or or hey, you know, you want to go to a meeting. And I fought it off and fought it off for the longest time. And what meeting? Just recovery groups. Recovery groups. Yeah. You know, so I fought it off. So I was like, I thought, you know, in my younger days, I thought, you know, going to two recovery groups was a bunch of older gentlemen whining about how they couldn't drink no more. How life is beating them down and and whatnot. You know, that was just my thought. You know, I didn't I didn't want to be seen as a weirdo. I didn't want to be seen as a week.

(...)

Whatever it may be, you know, but a couple older guys, you know, they kept coming to me and coming to me. And so finally, you know, here and there, I would go to a meeting and check it out and realize, you know, that the same story I have and the same hold that alcohol had on my life had a hold on someone else's life. You know, and there's a group of individuals all standing together to fight that whole.

(...)

And so I was like, hey, maybe this is something I need right now.

(...)

You know, I did a lot of soul searching. I did a lot of meditation. I did a lot of trying to find myself within religions,(...) you know. So all I needed was just some individuals that I could say and share my story and they could say, man, I know how you feel.

(...)

And I could agree after hearing what their story is.(...) And feel alone anymore. Yeah. You weren't different. I wasn't different. I wasn't an oddball or anything else. And your mother reaching out to you, little love. Yeah. It's important. Just having that little love, somebody caring for us. She gave me that someone that, irregardless of what decisions I made in my life or what it was I was doing or saying,(...) that there's always that love there. There's always that understanding. There's always that,(...) I don't know how to explain it.

(...)

You know, I've heard that God does work to people. And he always will show himself. And it sounds like that's what he did. He did. Yeah. Look at everything changed for him. So you went to the program in prison and then you got out. What happened? So once I got out,(...) obviously I wanted to look up old friends and see what they were doing and hang out. I wasn't working for the first little bit when I got out. So I had a lot of free time. So in between walking here and there around town to recovery groups, I was looking up old friends.

(...)

And the one thing that I started finding with some of them is that the same thing they were doing the last time I seen them, which is maybe 1998, 1999, they were still doing.

(...)

And we were coming up on the year 2014.

(...)

So I was kind of like, "Oh man, this is really what I want to be doing."

(...)

You know?

(...)

And I was like, "Nah."

(...)

You know, I had to cut ties to individuals. You know, what they were doing and what I was trying to do with my life just wasn't a match.

(...)

So I started going to more meetings.(...) I started getting numbers and I went to one recovery group.

(...)

And my buddy took me there. I went to that recovery group and they said, "Well, we'll see you next week."

(...)

And I was like, "Eh, I don't know." So about two, three weeks in a row, my buddy took me each time.(...) And then I started showing up without my buddy.

(...)

And so after about two months of going to these meetings,

(...)

two of the guys there at the meeting came over and like, "Hey, this is my name. This is my number.(...) This is my email. This is where you can find me on Facebook and whatnot." And then they started calling me, "Hey, you want to go hang out? You want to go to the gym? You want to go get something to eat?"(...)

And I was like, "Man,(...) that's what recovery is supposed to be about."(...) And it was like they were telling me, taking me out and showing me that we can have fun in recovery. Just because we don't drink anymore doesn't mean that life is stale or there's no excitement.

(...)

And that's what I needed. After everything, you know, from being young and being an alcoholic to being in prison, being an alcoholic, doing my recovery trip on the back end of my sentence and coming out,(...) starting to seek out people that I really didn't need to be seeking out.(...) That's what I needed. I needed some guys that I didn't know at all. They didn't know me. I didn't know them to step up and say, "Hey, man, we like seeing you at the meetings. It's good that you keep on coming.

(...)

Hey, you want to go hang out?" And with those guys, I went to a couple of other recovery groups with them and whatnot. And it just made me feel good.(...) - One alcoholic talking to you and then? - Yeah. - I don't know anything else that works.(...) There's a lot of books on recovery and how to help an alcoholic and you know that. But it still goes back to what Bill W and Dr. Bob found.

(...)

Bill W said to Dr. Bob, "I'm not here to help you. I'm here to help me."(...) And that's what works.(...) So how long have you been playing sober now?(...) - So altogether I have seven years. - Seven years? - Yes. - That's wonderful.

(...)

- So, and this... - One day at a time? Yeah, one day at a time. I currently have been out of prison for the last ten months.

(...)

I've been sober this whole time.

(...)

And it is, honest to God, it is just one day at a time. Sometimes I have to just get up in the morning and just be thankful for just getting up.

(...)

So that was something that I couldn't do before because I was just thankful that I left my stash of alcohol right there on the side of the bed or I didn't spill it, you know, when I passed out, you know. But now I'm grateful just to get up. I'm grateful to get texts from my kids.

(...)

I'm grateful to go in the kitchen in the morning to hug my mom.

(...)

You know, I got a job, my place of employment. I'm grateful that the owner took a risk and gave me a job and hired me.

(...)

And, you know, it's just been good, you know.(...) I try to go to recovery groups as much as I can.

(...)

And it's good to go in there and share a piece of myself that wasn't always doing as good as I am now with other people to let them know that, hey man, it's okay and you're not always going to be that way.(...) Yeah, it's your next experience right now.

(...)

So let me ask you again, you made clear, and so the audience is clear too, you did sober up in prison.(...) Yes.

(...)

And that is what I've come across a lot and people have asked me, does it count if I sober up in prison? You know, do I, or do they say that to count my sobriety date till I got out of it? I disagree with that. I think you counted in prison because like you said, you made alcohol in prison. And I want my audience out there and those of you that are in prison, if you do get a chance to watch this show, that yes, if you're not drinking in prison, you are clean and sobering, you count those days.(...) I think it's important that you do count those days that you're in prison. Yes. For the simple fact that because everything that goes on there,(...) there's always a chance, there's always a time to come, become intoxicated with something.

(...)

As I said,(...) I learned how to do it, so I made it myself. And there was a time where I was drinking two, three times a week because I kept a steady batch going all the time. So once I got to that point and I had that scare,(...) you know, I had to fight that urge to make that or guys are wanting me to make it, or they say, hey man, I'll pay you to make it. You know, I had to fight that in order to keep myself sober. So it is important that you count that. So actually it would be harder in prison to stay sober in one way. In one way, yes.

(...)

Yeah. So what are you doing now to maintain your recovery? What do you do?

(...)

Have you gone through the 12 steps?(...) Have you done a four step? I have not done a four step. Oh, okay. We're going to talk about that. I stay, you know, I stay in contact with my sponsor.

(...)

If ever something doesn't seem right, you know, I'm texting my calling.

(...)

My family has been a good support for me to lean back on. Oh, your mom? Yes, ma'am. How's she doing? She's doing good.

(...)

So my work has been really good. And surprisingly, this is kind of crazy how this works out. But I got a couple classes that I have to complete, but my facilitator, she's been extremely helpful to the best of her abilities. Every time I called her and had a question for her, there was a group of guys different times in the year all the way up. So currently now that we're released from prison. And we do a good job of staying in contact with each other, checking in on each other, and just trying to help each other the best that we can, whether it be just a text message or a phone call or an option on the job or just to say, "Hey, man, how are you and the family doing?" Which is good. It's nice.

(...)

Will you do me a favor now? Yes, ma'am. Will you talk to your sponsor and ask him a little bit about the four-step and how to get started? I can do that.

(...)

It's been several for 35 years now. Throughout the years, some of the things I've seen that people have gone back out, they didn't finish their four-step or they didn't complete the ninth step, which is making amends, or they had issues come up,

(...)

maybe childhood abuse issues, and didn't get help in getting therapy for them. So it was a little red flag there just so you know, there's a reason for the four-step is to get rid of some of these guilt and resentments in the past.

(...)

But that's how you're doing, wonderful. I'm so proud of you.

(...)

You're amazing. Yeah, you're not supposed to jump steps, but I've actually been pretty lucky. I've had the chance to make some amends.

(...)

Some of them came out of nowhere.

(...)

I did have one individual,(...) and I was extremely mad at her.

(...)

So she decided that she wanted to meet. I met with her, and I was ready to go to war with my words.(...) And before I could say anything, she apologized to me. And just everything that I had in my heart, all those old thoughts, it was just gone. And I was just like,(...) what just happened? I didn't know what happened right there. But it's been good.(...) One day at a time, little by little.

(...)

So what is your relationship with the Harry Power today?(...) What's that like?

(...)

As I said before, I did my spiritual searching, meditation and whatnot.

(...)

In these last couple of years, I've done a lot of studying on Islam.

(...)

I found out a lot of prayers in there, learning the language and the prayers themselves. They calm my heart a lot of times. They calm my mind.

(...)

And so I lean on that whenever it feels like things are getting to be too much. I love Malcolm X.

(...)

He studied that. That's wonderful.

(...)

Because whatever works for you, you've got to stay with it.(...) I had gone through different things. Well, I wanted to be a nun.

(...)

Of course, I ended up working in a nude bar.

(...)

And that's what I love about the program, that each person can find God in the wrong way,(...) the wrong time.

(...)

But it's an important part of our recovery, isn't it? Yes. That we stay in contact with the Harry Power. It is.(...) Anything else you'd like to say to those that are listening, that are struggling right now? Because we're almost done here.

(...)

I encourage them.

(...)

I think for the most part, if you're struggling, the best thing you could do is ask for help.

(...)

I know a lot of times, especially as a man,(...) sometimes we feel as though asking for help makes us weak or less than a man.

(...)

And I can go back and I can look through my life in every aspect, from a child all the way to now.

(...)

And the worst trouble or the worst stresses or strains that I have ever been in is when I haven't asked for help. I just want to do it alone.

(...)

I've been saying that for years. And my own experience, you can't do it by yourself. And the good news is you don't have to do it by yourself. Oh, your blessing to the community. Thank you so much for coming on. I really appreciate this.(...) And to my audience, I'd like to say thank you for being here with us today. If you are struggling with alcohol and drugs, don't give up.

(...)

I went in and out of the program for four years and they placed bets on me and said I was never going to make it. But I just kept going back no matter what. And I still keep going back.

(...)

August 10, 1979 is my sobriety date.

(...)

Whatever you do, don't give up. God's with you. He's listening.(...) Hang in there because your miracle is on its way. Is that good?(...) It's still hard.(...) Thank you so much. I said Malcolm X. I love him though.

(...)

I am too, huh? I love Malcolm X.(...) Yes. Yeah. Was that okay that I brought him up?

(...)

Oh, it's beautiful.

(...)

You like it? I think it's going to be great. I'll try it for a second.

(...)

Thank you.

(...)

Yeah.(...) What I need... You've got my number, right? Oh, okay.

Episode 21:

(...) [Music]

(...)

Hello everyone, welcome to Time to Heal. My name is Pam Himphill. On this show I bring you the dark side of addiction to a whole new light. On this show today I've invited Samuel A. Hoeghlin,(...) candidate for the 4th District Judge, made up of Ada County Boise Elmore in the Valley Counties.

(...)

I'd like to start off with a little quote by Sam, which I really like. "A judge should have integrity to follow the law when nobody's looking, and the courage to follow the law when everybody's looking."

(...)

That's a wonderful statement. So my first question is, tell us a little bit, what was it like for you growing up? What made you decide to get into law? I'm Sam, I was born and raised in Mountain Home,(...) and my family moved there in 1935, both my parents actually from Hegerman.

(...)

My dad spent all four years in Pacific Theater and World War II, was awarded a Silver Star and a Bronze Star.

(...)

I was the third in a family of four, four children, and I graduated from high school in 1971, and that was really the height, the waning stages of Vietnam. I realized as a young boy that if I didn't want to get drafted and go off to war in Southeast Asia, that I needed to go to college. So I studied up and went to college, and went down to Idaho State and Pocatello.

(...)

While there, I met up with a bunch of fellows from California who came to Idaho State to go to pharmacy school. It's sometimes said that Idaho State's the best pharmacy school in California.

(...)

The reason is because it's so expensive for the California kids to go to California pharmacy schools, they would come to Idaho State. So I liked chemistry and the sciences, and so they taught me to go to pharmacy school, and I did that and graduated in 1976. I was on the faculty at the College of Pharmacy as a clinical pharmacist for a couple of years.(...) I came over to Nampa and worked at Mercy Hospital for a year,(...) and decided at that point that I wanted to do something more in life than be a pharmacist. And so I went up to the University of Idaho and went to law school, that's a three-year program, and graduated in 70. I went up there in 79, graduated in 82.

(...)

Then I went back to Pocatello, where I worked for seven years in a general practice law firm, and I got a lot of good general practice experience. But in 89, we moved back over here to Boise, which is more close to home for me. My wife, who I married in 76 right after we graduated, she's from Seattle, so it was closer to her. And we've lived in Boise ever since. We raised three daughters, four, if you want to count, our foreign exchange student daughter from Brazil.

(...)

And all of them are now grown and out of the house, an empty master. I've been practicing law now for 32 years, doing mostly general practice type work, representing what I like to say as ordinary people.(...) I had a law firm for a number of years, but it fell apart five or so years ago, and I've been out on my own ever since.

(...)

And so I've done a little bit of everything, and I like that. It's hard to be a general practice lawyer, because you have to know a lot about a lot of things.

(...)

It's almost easier to be a specialist, because you only have to know a lot about one thing.(...) But with my pharmacy background, I've done work for the Board of Medicine and Board of Pharmacy, and I did medical malpractice panels for years,(...) learned a lot about HIPAA, and from about 2000 to 2011,(...) I was an adjunct faculty back at the College of Pharmacy,(...) where I taught pharmacy law and business law for about 12 years.

(...)

And so this judge position came open. Judge Weatherall is retiring,(...) and he also happens to be a mountain home boy, and a fine judge in my opinion.(...) And he announced that he was retiring in such a way as to require an election.(...) The Constitution provides that judges, district judges, would be elected,(...) but normally a judge will resign or retire in mid-term and set it up for an appointment by the governor.(...) And that's the way most judges are appointed, and then they just kind of run for reelection every four years. But in this case, Judge Weatherall wanted to set it up for an election. That's how he actually became a judge. So the way it worked out in the end, is there were four candidates in the primary.

(...)

Nobody got an absolute majority, and so the top two are in runoff in November, and the bottom two dropped out.

(...)

So the election's a couple of weeks away, and it's my first foray into politics. I can't say that I've...it's been a big step outside my comfort zone.

(...)

I don't seem to have trouble teaching or appearing in court in front of a jury, but I sure have been nervous trying to be a politician. Yeah, but you make a good one.(...) You really? Well, thank you. So your philosophy, approaching criminal cases, you want to share a little bit about that? Well, Pam, a district judge is a trial judge,(...) as compared to, let's say, an appellate judge, which they don't do trials, they just really hear appeals.

(...)

And so, you know, your main objective as a trial judge is to be searching for truth and justice, and having trials and following the evidence. Now, what a judge does is they have to make rulings on the evidence in terms of what's admissible and what's not, and there's a lot of work that maybe goes into picking the jury and writing jury instructions and doing that sort of stuff. But in the criminal cases,(...) most of the defendants eventually plead guilty. 90% or 95% of those cases never go to trial.

(...)

And so the focus of the judge at that point then turns to sentencing.

(...)

Now, if it's a capital case,(...) and district judges are higher-level courts, in other words, there's two levels of trial courts, the district court and the magistrate court, and the magistrate judges handle misdemeanor criminal cases and civil cases under $10,000, and that's where your divorce and probate cases are usually handled. The district court handles felony criminal matters and civil cases over $10,000. So in the district court, people can be sentenced to prison, and if it's a capital case, the death penalty can be applicable.

(...)

And the district judge is the person who's imposing those sentences. So I think you have to start with the philosophy that the punishment has to fit the crime and the criminal.

(...)

And so there are a number of experts and pre-sentence investigators and things of that nature that what a felony defendant is being sentenced, you get a pre-sentence report that can easily be 100 pages long, that gives a full background of the person, and then you have various options that you can look at, various alternatives.

(...)

But at some level, the judge has to make the decision as to what's a fair and proper sentence in a given case.

(...)

Historically, the courts were just there to put people in prison,(...) and there was no real sense of trying to reform the individual. It was really for punishment purposes only.(...) But in the more modern age, the justice system has geared towards trying to reform the individual, and we've done that most recently by setting up a number of specialty courts. And so there's a veterans' court for veterans that have their particular issues. There's a drug court for people that have drug issues.

(...)

There's, we talked earlier, the domestic violence court, which most of that is at the magistrate level.

(...)

And there's a mental health court for people who have particular mental health issues. And that's set up with kind of an intense monitoring process where people have to come back into court usually once a week, and they're followed by various experts and probation officer type people to try to get people back on the right track.

(...)

As you probably know, it can cost 30 or 40 or $50,000 a year to keep somebody in prison, and that's a huge expense to the taxpayer.

(...)

At the same time,(...) the recidivism rate is substantial.

(...)

Like two out of three people released from prison on parole end up back in prison.

(...)

And so the state did pass a significant bill a couple of years ago, the Justice Reinvestment Act,(...) where they set up the system and paid out the money to hire a lot more probation and parole type officers to be able to try to keep people in check and to reduce the recidivism rate.

(...)

And those are all good things. But the philosophy of a judge, and I think of all the judges, is essentially to try to craft a sentence that is going to both fit the crime the person's charged with as well as fit the individual who's being charged.

(...)

It may not work perfectly in every way, and some people are maybe just beyond reform, but somebody who does want to change their ways and get on the right track, I think that the system does or is set up so that it's at least better than it used to be, and hopefully a lot better than it used to be. You know what I was impressed with is when I read something you wrote about having a timeline for the cases, but it's more important for you to really take your time with each case. I was really impressed with that. I like that. What

that was referring to, Pam, is that the Idaho Supreme Court has issued what we call our standard timelines or guidelines for how fast cases should move.

(...)

And of course it's in deference to the principle that justice delayed is justice denied, and that's absolutely true. But as we all know, it can take sometimes a long, long time for a case to process through the system, and these guidelines are designed to try to move those cases through faster.

(...)

And the court had an old set of guidelines, and they've recently, I believe,(...) announced a new set of guidelines that are even more strict.(...) And sometimes trying to push somebody through a system in a timeline situation, I mean, sometimes that just isn't going to work. And I think what they said in that circumstance is that as far as I'm concerned, it's better to be fair than fast, because we don't want to rush to judgment, and we don't want to rush things through the system. As we all know, when you get in too big of a hurry,(...) you know, you can make mistakes. I was in too big of a hurry the other day and kind of ran over a curb with my car, and I thought I smashed the whole back in my car. I was so upset about it. And I called my wife, and she said, "Just settle down."(...) I was kind of late for an appointment, and I thought I'd smash my car. As it turned out, all I did was run over a curb.

(...)

But that shows you, integrity, that these are not just defendants or people there in court with you. These are human beings, and you're considering the community, the law, the person, their families. That's what I like about your approach. Well, I don't think that my approach is especially unique amongst judges,(...) and especially in Idaho. We have a lot of high-quality judges, high-quality people.

(...)

Yeah, and you're one of them. Well, maybe someday I'll be one of them. It would be my honor.(...) I didn't exactly plan for this.

(...)

After Judge Weatherall made his announcement that he was retiring, I really didn't give much thought to it. Other than, again, I've known him for most of my life, and I've always liked him and respected him.

(...)

But a couple of weeks after that announcement, I started getting emails and phone calls from my colleagues, basically saying, "You should run for this. You're the kind of guy that should be a judge."

(...)

And I got to thinking about it, and I said, "Well, you know, I'm the kind of guy that I would probably vote for as a judge."

(...)

And I talked it over with my wife, and we gave it some consideration.

(...)

She was in favor, which I wouldn't have done this if she wasn't behind me on the thing.

(...)

I called David LeRoy, who I didn't really know, but he had known my mom,(...) and asked him if he would help me out, because obviously he has a brand name in this state, and I didn't really have a brand name. I've been a pretty quiet lawyer all my life.(...) David said he'd be glad to help, and with all of that, I said, "Okay, let's do it." Now, I thought it was just going to be a mad dash to May 20th, and it would be over. I didn't know it was going to last until November, and it takes so much time, and costs so much money.

(...)

So it's my first foray into politics, and it's been a lot of work, and a lot of time, and a lot of money.

(...)

And it's, as I said earlier, it's a big step outside of my comfort zone. Yeah.(...) But what's going to make you a wonderful judge?

(...)

Well, I think sometimes, if somebody's too ambitious for power or prestige, they may not be the people that you want in positions of power or prestige.(...) And that's what I heard from you, that this is a little scary for you. It's not too sure about maybe what you got into, but I hear that you are feeling confident about what you are going to do as a judge.

(...)

Is somebody that we all would want to be sitting behind the bench. I want you there, because you're fair. A district judge can find themselves in a position where they have to impose the death penalty on somebody.

(...)

And, you know, it's easy to be casual and almost flippant about that when you're not actually faced with the situation.(...) Now, a lot of people, I think, have maybe been in situations where they had a loved one that was on life support, and they've had to make that decision.(...) And I've been in that position. And no matter what, I mean, that's a serious decision. And I'm not suggesting that anybody in the judiciary is golf-flippant, but I'm just saying, you know, casually sitting around the coffee bar, somebody might say, "Well, I'll be the first one to pull the lever," or something. And I suspect that in any circumstance, if they were actually there, actually had to make that decision, they would not be at all casual about it.

(...)

But it's a serious job. It's a serious decision.

(...)

And I think every judge that I've known and seen and been up against, they take the job seriously.

(...)

Yeah, we really don't. That's a good point, that we really don't stop and think about the position you're in and the decision you have to make.

(...)

And to try to do that under some kind of artificial deadline, as, you know, that goes back to it's better to be fair than fast, is sort of a concept. But with your background and your experience, I don't feel like it's going to be very difficult for you. Well, making that decision should be difficult in every circumstance.

(...)

Yeah, that's true. I'm going to still hold on to that. I really think that you're going to be more than capable.

(...)

Well, I can see you. A lot of confidence. Yeah, I have a lot of confidence.

(...)

Your final question, or of course, if you have some more things you want to share, but what do you think is going to be the biggest challenge that you believe you will face if you're elected?

(...)

Well, you know, we live in Idaho. And Idaho is a conservative state, and our elected officials,(...) you know, they don't just throw the money around willy-nilly.

(...)

And as much as anything,(...) the district judges have a heavy caseload,(...) wherein they are expected to make difficult and serious decisions,(...) usually with lawyers on either side that are arguing excellent points.

(...)

And to try to do all of that, I mean, I think that the state has been underfunding the courts for years. I mean, we have got some new judges, new judge positions in this county and in Canny County as well. There's some new openings, some new positions. We could use more district judges to be able to not have to work so hard and to try to do it so fast that they can take the time to give the cases the thorough and careful and full reviews. And I tell you what, if you go down to the courthouse on the weekend and you see cars down there of people working, those are district judges down there working on weekends

and working at night. And so probably the biggest challenge is trying to handle a heavy caseload and to do a good job of it. I suspect that most every judge worries that, you know, if they have the time or been able to do it as carefully as possible.

(...)

And even in the federal court, you know, Judge Lodge, he's been a judge for 50 years and he's 80 years old and he's retiring.(...) And the Lord knows when the president and the Senate will ever get another district judge appointed to take his place.

(...)

And that's, you know, part of the politics of the system.(...) But it, you know, it takes a long time. Idaho really needs at least three federal district judges and we right now have two and when Judge Lodge retires, we'll only have one.

(...)

That's a lot of work for Judge Windmill to do over there in the federal courthouse.

(...)

I can relate to a little bit of what you're talking about because when I first started in the field, they would give us 120 clients. And then the county came in and of course, later the state and made a law you couldn't have over 35.

(...)

So they, it wouldn't be bad for the two that were judges, you know, and other officials,(...) you know, some kind of a so that you can do your job appropriately.

(...)

Well, it's always different and, you know, a lot of cases settle and that the judges haven't done anything. The case gets filed, the lawyers maybe with or without a mediator get the case settled and the case gets dismissed.

(...)

And so, you know, if 10 cases get filed in your court that week, maybe all 10 of them settle six months later or maybe all 10 of them want to go to trial.(...) And so it's hard to know exactly how that's going to sort out. Can't regulate it. You can't foresee that.

(...)

And, you know, and of course the judges are doing, you know, sometimes some pretty big cases. Medical malpractice cases are frequently filed in district court and, you know, those can be huge cases.

(...)

You were talking earlier a little bit about some gentleman you were trying to help in court. Can you elaborate a little bit on that? Share a little bit about it. Well, I was telling you about a client of mine who's out in the state prison. He's been out there now about five years on some methamphetamine charges. And we were out there at a parole hearing trying to get him out on parole.(...) And he's an older fella. I mean, he's 58. So he's about my age.(...) And while he was in prison, his mom died. And he was a couple of years beyond his parole date. And they held him in for a couple of years.

(...)

And we were successful in convincing the parole commission to give him a release date. And he should be released in a couple of months. And, you know, we're just hoping and praying that, you know, what he's done and what he's gone through will be enough to get his life back in order. I think he stands a real good chance of doing that. As we talked earlier, of course the recidivism rates are high.(...) And you never quite know. But I've gotten to know him now over the course of a year and a half. And I think he'll do well.(...) I didn't tell you earlier, but I was on a federal CJA panel, basically a federal public defender for years. And I represented a lot of bank robbers. Oh, really? And bank robbers are pretty interesting. Yes. And I learned how to rob a bank.

(...)

And you can tell the difference between a pro and a rookie because a rookie bank robber would get two or three thousand dollars. A pro would get real money. That's true. I had a friend that said that he did his fourth step with a person and told the gentleman that he was a bank robber and that the person looked at him and started laughing. He said, "Why are you laughing?" He said, "Because I'm a judge."

(...)

And he said, "Just go make amends by helping some community organization. Just knowing that your heart was there to really help this person. That's wonderful."

(...)

We are living in what we can do. You do what you can. You do what you can. You just do what you can with the resources you have. And that's what everybody does in life.

(...)

Well, you know, the show's coming close to an end. Is there anything that you'd like to say to the audience or share before we end? Well, I'll be trying to be quick here. No matter who you are in life and no matter what you do, experience matters.(...) And in this particular election, I've got 32 years of broad range experience. And that's what we think is the key to this election.(...) And that's been our focus from the start and that's still our focus at the end. We've done very well in the bar surveys and we have a good Martindale Hubble rating. And so we think we have all the other qualities. There's a lot of lawyers that are high quality people. And but in this race, we believe that we have the experience that matters. And so we think that's why we're the I'm the best candidate in this race. And I agree.(...) Well, thank you for coming on today. You are such a blessing to our community. Well, thank you for having me. It's been my pleasure.(...) I haven't been as nervous as I thought I would. Yeah, you did fine.(...) And I want to thank my viewers and my Facebook friends. Thank you for viewing today. I want to end with a little quote here

from Chris Brown, who's an attorney. He stated his full statement says, I would trust him with my faith in legal proceedings.(...) I would trust him with my wife, my kids and my wallet.

(...)

I like that.(...) They don't seem to make them like him anymore. That is beautiful. I really like that.

(...)

I hope this show has been informative to you. Try to remember that political and the social gap can be healed when we elect judges with experience, integrity. And for Sam, this is just not his philosophy. This is his way of life. He's honest and he's fair and he's impartial. So I'd like to ask all of you, let's remember all our government officials out there and our public servants. Let's hold them up in prayer and let's hold this election up in prayer.

(...)

And last, for all those that I speak to on what's on a weekly basis on my Facebook friends who are suffering from addiction, please remember that no matter how hard it seems to get sober or to stop using drugs, it's possible. I haven't drank or used drugs for 35 years and I'm not alone as there's thousands of other people who are staying clean and sober one day at a time with the help of a higher power.

(...)

So please hang in there with me one more day because your miracle is on its way.

Episode 22:

(...) [Music]

(...)

Hello everyone, welcome to Time to Heal. My name is Pam Hiddl. And I'm your host. Today we're going to be talking about veterans. Veterans in recovery and what it's like for veterans that are coming out of the service or even for those that are in the service struggling with PTSD, alcohol and drug problems. I brought on a guest today, Doug. Doug's going to share with us, I'm sorry, I forgot your last name. Strand. Strand, in the audience.

(...)

What was it like for you? When did you first start drinking or using drugs?(...) I first started drinking at a fairly early age, I would say in my middle teens, experimenting.

(...)

And then through high school I drank more,(...) started experimenting with marijuana and just drinking pretty much on the weekend and would binge drink every once in a while, but nothing real serious at that point in my life.

(...)

And then as time progressed,(...) and when I went to school to hire and learning at, you know, Oklahoma State University, I started drinking more and partying more and smoking more pot and just getting mixed up with the wrong people. And I got to where I really enjoyed drinking and it started becoming a problem. I found myself drinking more and more.(...) I joined the Army when I was 18 years old in 1989. I served for three years at that time and I went to Operation Desert Storm and that was in January of 91.

(...)

It was a pretty quick conflict. I was only there for about five months and was engulfed in oil, fire, smoke in Kuwait City and the living conditions weren't ideal.(...) But overall it wasn't that big of a danger for me. And it didn't really have a whole lot of stressors and things that would trigger me until later on in my life.

(...)

Once I got back from Desert Storm I went to a joint, I got out of the Army in 1992. There was a big surge on reduction of troops and I got out and did various jobs. The alcohol at that time hadn't fully taken over, but I was still drinking very heavily. I did various jobs and I decided I wanted to get back into the military in 2004.

(...)

In 2004 I re-enlisted as an airborne infantryman and I was with the 82nd Airborne Division.

(...)

In 2005 I had the extreme opportunity of participating in relief efforts for Hurricane Katrina.

(...)

I got to spend a month in New Orleans doing rescue missions and that was probably the highlight of my military career. It was really rewarding helping out fellow Americans and rescuing them. Although it was sad,(...) I do feel good and positive about what we did there.

(...)

What was it? What we did is we brought in RAPs with local law enforcement. We even had law enforcement come all the way from Chicago. We worked with the Chicago SWAT team and did boat operations with them, with the Coast Guard, with the Navy. We would just rescue people that were stranded on rooftops and give them a ride to the Superdome and provide them with food and water and medical attention if they needed it. It was really good and we patrolled the French Quarter and kept order there and made sure there was no looting or anything going on that would be detrimental to the rest of the efforts. Was there any drinking going on there in that time? At that time there really wasn't because I was so focused on my mission and we didn't have alcohol while we were doing missions. At that time there wasn't. After that there was a little bit but not anything out of the ordinary.

(...)

In 2007 I did go to Iraq for a year and that was pretty tough on me.

(...)

It was just difficult on my emotions and it really stuck with me. What were your emotions? Some of the things I saw in combat, war is not a friendly place.

(...)

Especially as an infantryman we are in the front of the battle so to speak the tip of the spear.

(...)

It was difficult dealing with some of the things that we saw witnessed and some of our fellow soldiers. Would you like to share a little bit with that virus that you witnessed inside? The biggest threat that we had, I was in Baghdad in that area. That was the area of operations that we were assigned to.(...) One of the favorite tactics of our enemy was to emplace IEDs or improve explosive devices.(...) That was a constant threat. We'd be driving along and out of nowhere a bomb would go off. A lot of times it was strong enough and big enough to where it created fatalities.

(...)

Seeing that and having to deal with that and the stress of worrying about whether or not I was going to become a victim of that was really difficult.

(...)

I lost some friends in combat there and that was really hard.

(...)

Upon returning from Iraq my drinking increased. I was having nightmares. I couldn't sleep at night very well.

(...)

It was just traumatic and I didn't really know who to talk to. Since I was in the infantry I didn't really want to go to the chaplain or use the resources available because I was afraid that my soldiers and my peers and subordinates and seniors would think less of me. Because in the infantry we were supposed to be strong and all that. I kind of bottled it up and used alcohol as someone to escape.

(...)

I also have a seven year old daughter now who will be eight soon.

(...)

I've missed half her life because of deployments.(...) If I wasn't deployed I was either training to be deployed or doing something.(...) I missed a lot of my daughter's life and it's sad because I can't get that back. But I can move forward.

(...)

In 2011 I left just a few weeks before Christmas.

(...)

That was kind of hard on my daughter because she didn't really understand combat. She would ask me, "Daddy, what are you going to do? Where are you going? Why do you have to go for so long?" I would tell her, "Daddy, she's going to go get the bad guys.

(...)

She's going to keep us safe and get the bad guys." She understood that but it was still very difficult. Afghanistan was a whole different type of conflict than the urban warfare I was used to in Baghdad.(...) It was very mountainous.

(...)

The terrain was just unforgiving. The amount of equipment that we carried.

(...)

We got into several skirmishes with the enemy.

(...)

Some of my soldiers got injured really badly.

(...)

It was really difficult being away from home for that long.

(...)

Witnessing my soldiers get shot up and other friends getting hurt or even passing away given the ultimate sacrifice.

(...)

That brings on a lot of that survivor's guilt? Yes, it does.(...) It does. It's weird because when I was in Afghanistan I was in a combat state of mind.(...) I knew my job. I knew what to do.(...) I did it. My responsibility was to my soldiers, number one, that I was in charge of.

(...)

Making sure that we accomplished the mission safely.

(...)

Making sure that they were safe.

(...)

Making sure they had everything they need to do their mission and be safe.(...) Get them home safe.

(...)

We did that.

(...)

I did lose some friends in Afghanistan.(...) We did get into some heavy fights.

(...)

That really started affecting me more so when I came back from Afghanistan.(...) Because then I wasn't in a combat zone.

(...)

But I was still in the combat zone of my mind. It's like the war. I've been told, "Doug, the war is over. You're not in the military anymore." The war is still inside my head.(...) I can't forget the memories that are there. I can just try to learn how to cope with them and deal with them.

(...)

When I got back my method for coping with them was alcohol.

(...)

I would drink in the morning.

(...)

I would hide it from my family, from my wife, from my coworkers.

(...)

I would drink in the afternoon. I would drink after work.

(...)

At first it numbed me. I thought it would help numb my feelings. It helped me deal with that stuff. It helped me sleep more soundly.(...) It did just the opposite of that. It stopped working. I thought, "Well, maybe I need to drink more."(...) I drank more and more and more to where it was a fifth a day. It was a wreaking havoc on my life, my marriage, my family. I lied to my family.

(...)

I lied to my friends who cared about me. I lied to myself. I wasn't being honest with myself at all about it.

(...)

It ruined a lot of things for me.

(...)

I was stationed in Alaska at the time.

(...)

I drove all the way from Alaska to North Carolina, my next duty station in the 82nd Airborne.

(...)

On the drive down, I drove down the Outkin during the winter, during blizzards and snow. I had a friend drive with me, but looking back, I didn't really do much driving. I did pretty much all the drinking and passed out during the whole time. I got a public intoxication charge on the way down. That's the first time

I've ever been in trouble. Then once I got to my new duty station, I got another public intoxication charge. That led to me getting discharged from the military.

(...)

You mentioned earlier, you didn't want to go and share about what was going on. You buried all those humans. Yes, ma'am.

(...)

You're not able to while you're in a service degree, but you're lost because you've got to work. You've got to keep your mind focused.

(...)

Have you given yourself time to do that now? Have you agreed over the ones you've lost? Yes, I have. I've given myself time, and things are getting better.

(...)

One thing that has really helped me more than anything else is the VA hospital here in Boise is an outstanding place. I just finished up a program there. It was a 30-day program for rehab for vets with substance abuse problems, whether it be drugs, alcohol, whatever the case may be. I developed a real tight bond with some of the other veterans who have a lot in common with myself. We had an outstanding staff there that gave us tools that we can use to cope with the problems we have.

(...)

I've been clean for 32 days now. Awesome. No drinking. I feel wonderful.

(...)

There's hope.

(...)

To all you veterans out there that are suffering, there is hope.

(...)

I found it through the VA hospital.

(...)

There's people waiting that are staffed right now, just waiting for you to take that step to come in and receive that help. You just have to be willing. What was that up to you going in? What happened?(...) It was just drinking to the point to where it was interfering with my job. I haven't really been able to hold a job down for the past year that I've been out of the military.

(...)

The drinking just dictated my life and controlled my life.(...) I want to change for the better. I want to change so I can be a better father to my daughter, so I can be a better person to those around me. I want to surround myself with positive things and positive people.

(...)

I'm doing that right now and I feel really good about it. I'm so proud of you. Thank you very much, Pam. I appreciate that. I know it's not easy. I, too, have suffered from some PTSD issues myself.

(...)

What do you feel right now has been your biggest struggle with the PTSD issues? Are you having any nightmares or panic attacks or anything like that? Yes, nightmares are something I suffer from. It is getting better and I can attribute a lot of that, I think, to me not drinking as much because drinking was a depressant and I was using it to try to put a band-aid on something. That's all I was doing. It made the nightmares worse, but I still have nightmares, but just not as frequently. I am getting better.

(...)

I'm on some medication that is designed to help me with nightmares.

(...)

It's getting better. It's not as bad as it was. You know how you mentioned earlier about the war is over and they're telling you to forget it. I don't think that's a good idea. I think it's okay to remember it. But the healing process of letting go and healing through PTSD is remembering and having dreams actually is a safe place to do it. That's why they come up in dreams because it's safe there. And the less you're having the dreams, though, that means you are dealing with it and it gets safer to deal with it like in therapy or counseling. But there is really no magic wand for PTSD. It's the hardest one to get through because with PTSD you've got to feel that you stopped when you were in the service. So now it's got to come out. But try to remember when it's coming up, it's coming up to heal you, not to harm you. And as you're remembering, allow yourself to remember in honor of what they did and how they sacrificed their life for us. And that's to heal that memory instead of it's not your fault,(...) right?

(...)

You're not holding onto anything that you could have done. No, my soldiers did an outstanding job and they did what I didn't even have to ask them. They freely put themselves in harm's way. And even though I was in charge of them, they're soldiers. They're American patriots and heroes.

(...)

And it's not your fault because a lot of soldiers do hold on some false guilt.

(...)

Did you ever do that? Feel like if I could have done something? Yeah, I did. I did for a long time and I finally allowed myself to grieve.(...) And what has really helped me is to try to live in the moment. Rather than live in the past, the past is still there and I can't change it. But what I can do is live right now. And I choose to be sober. I choose to be happy and try to maintain a positive attitude at all times. It's difficult and it's something that I constantly work at but it does help. It does. And two, you staying clean and sober is honoring them. Because that's what they would be looking down saying, "Yeah buddy, I'm so proud of you. Don't destroy your life. You're going to carry on and help so many other people just because you're not drinking." I remember I was very suicidal and sobriety and my sponsor put me on a guilt trip. If you drink or use, what you're telling these other women in the program is that God can't get you through it. But do you mind sharing a little bit about your higher power and that? Most certainly.

(...)

My higher power has gotten me through so many tough times. And I'll give you an example. In Afghanistan, our combat medic was very religious. And I was proud of religious as well. And before our missions, we would pray together. It was just a couple of us that did it. A little prayer circle.(...) And as time went by, a few more came into the circle, a few more. By the end of our deployment, almost the whole platoon was participating in this prayer before we went out on missions.(...) And I'm not sure if that's what saved us, but I know it sure gave me a warm feeling inside and a feeling that I knew that it was going to be okay. And my higher power has helped me through prayer and through study of the Bible and various different publications. It's helped me get through a whole lot. And I appreciate it. Oh, yeah.(...) For me personally, too, I couldn't get states over or be here today for one for a higher power for God, as I understand.

(...)

As far as the program goes, where are you? Do you have a sponsor? What step are you working? Right now, I'm currently working step four. And I do have a sponsor. I just got one yesterday.

(...)

Yeah, step four is basically when you're working with your sponsor, you're discussing all of the social speak negative things that you've done and all the wrongs that you've done.(...) And it's basically just a moral inventory of my life. And I write that down with my sponsor. We talk about it.

(...)

It's really hard. It takes a lot of soul searching to be humble enough to admit all the moral wrongs. But it's good. It helps me understand and puts it in perspective on where I'm at and what I need to work on to better myself.(...) Yes, because the 12 steps are really just meant to get us in alignment with God's will, to be in good relationship with ourselves,

(...)

with our family and our friends and the community, and with God. A lot of people get afraid of those steps. They go, "Oh, God, you know, four step and I got to do this and make amends." But, you know, take it easy one step at a time. It does get better. There's a process. And he doesn't give you more than you can handle at one time, one big end of time. Just quickly, too, you want to share with us, is there anyone you're connected with right now that you're hanging around as a veteran that's helping you besides the

sponsor? Well, right now I'm still really new to the area. I have a few friends from my rehabilitation that I did within the VA hospital that I keep in touch with.(...) I'd like to put a shout out to Janet.(...) Janet at the VA hospital has been there for probably 30 years. And she is the coordinator for activities and arts and crafts. And I love painting and drawing. And she organizes so many fun activities, bowling,(...) fishing, all kinds of stuff that have been really good and instrumental and a lot of veterans to make them feel better. And most importantly, to make them understand that they can have fun being sober as well. Oh, that's so funny. And she has been a vital part of that. And I really appreciate the work that she's done. Oh, I can't wait to meet her someday. She sounds like a little angel.

(...)

For the veterans that are coming out, what do you see as the biggest struggle for them?(...) Right now, from the veterans that I've encountered,(...) I think that a lot of them aren't really trained and equipped well enough to integrate back into civilian society. Because for me, for example, I've been trained for the past 12 years for combat and go, go, go. And so we have to learn how to decompress and deal with civilians and realize we're not in the military anymore, but realize that we're in a safer environment now.(...) I see PTSD as a huge issue because a lot of veterans hold it in and finally it all comes out. And with that PTSD, it's very common for that lead to drug abuse and alcohol abuse. But there is counseling available. There is. There is a counseling available at the VA hospital.(...) There are tons of social workers up there and peer support specialists that are just waiting for veterans to come there and join. And there's weekly groups, even daily groups for different activities. And there's rehabilitation available for veterans with substance abuse problems. And it's all there. All you have to do is show up to the VA and tell them you want help and someone will be there to help you. So are you seeing they can come right from a war and leave and there's no time period? They don't slowly come out of the service there. So I'm not sure. That's true. Once you get out of the Army, I mean, the Army does a little bit of integration and I'm speaking from the Army aspect in line. I'm not sure about the other services. But the Army does give you a little bit of integration on how to reintegrate into society.

(...)

And they show you how to write resume and there's a few different classes. But it's still difficult because after you spend so much time in that type of environment, it's difficult to switch over.(...) But help is there. I somewhat relate and I'm sure other people that are listening because it's getting off work, you know, you might have to unwind to get you get home. And now it's no longer the answering the phone and doing whatever you do on a job. So I could somewhat see what you're talking about. But with the military, that must be very stressful, very hard because your mind has been set.

(...)

Yeah. So yeah, hopefully there's some classes that can help you get back into it. And there are. I'm doing good. There's all kinds of classes.(...) There's a compensated work therapy program that the VA offers. So if you're having a hard time like myself holding a job, then they can help you write resumes.(...) And they can even offer jobs temporarily to help get you back on your feet. And they give you resources and help you build your resume so you can get a better job in society.

(...)

Veterans are homeless. Is there help for them? There is. And I'm also homeless at this point. When I went into the rehabilitation program day one, I talked with counselor up there and she set me up with a home

over at the River of Life here in Boise. And it's a men's homeless shelter. And on the third floor is dedicated just for veterans. And it's actually very nice. I have my own room. I have a lock to my door. I have a later curfew and and it's a temporary solution for me. But it's nice. It's nice to have that. And you know it's it's a great program. They are treating a homeless veteran very well here. Yes. Oh yes. I'm homeless and we get three meals a day and I can go to classes on where to find jobs. And you know it's a good program. You just have to work it and be willing to work it. I know my brother. I just want to share quickly. He overdosed. He was in the army and he overdosed on methadone.

(...)

And he's never been normal. But they didn't have a lot of these things. This was like 30 years ago. And then I had a brother that was a Marine and he died from alcoholism.

(...)

So I just wanted to share with you and thank you very much. We only got a few minutes left. Do you want to take just at least a minute though to directly talk to your fellow men that you're in the service and say something to. I just want to let you know that I speak from the bottom of my heart. I have the utmost respect for veterans regardless of what branch of service you may have served in. And there is help out there.(...) It's difficult. I understand to get that help sometimes because it takes you being humble. But all you have to do is reach out. The VA hospital is a great source of information.

(...)

They have all kinds of programs. Anything from housing to food to clothing to therapy whether it be psychotherapy or alcohol or substance abuse therapy. It's all there. All you have to do is take that first step. And I urge you to do that because it changed my life for the better. And I'm thankful for the program. Good luck. Thank you so much for coming on today. Thank you very much. Thank you very much. Thank you so much for what you have done for our country. Thank you. Thank you. She goes who are watching today. I want you to know no matter what happened to you. It doesn't matter. You can recover. I've been cleansed over now for 35 years and I too have had my own PTSD issues that I've had to work through a lot of trauma as a child. And it's been easy but I haven't done it alone. I've had the help of God and people in a 12 step program and a great therapist. But I had to make that call. So make that call. Don't let that ego and pride get in your way and look up our little friend here Doug. He'll be there to help you too. He's up at the veterans. Right. That's right. You'll see me in the meetings all over town. Okay. Wonderful.(...) And just know you're not alone because there's thousands of us that are staying cleansed over today. But we don't do it by ourselves. That's true. We have to have help. There's no way I could have been by myself. We'll do it together. So stay, hang in there with both of us. Okay. One more day. And I'm doing this one more day. And it gets better. It just really does. One more day. You keep coming back because your miracle is on its way.

(...)

I was getting on nervous.

(...)

I have an ego.(...) Was my dialogue okay? Oh, I already came here. One around. Yeah, I was nervous. My mouth was getting all dry. Me too. Oh man. I haven't. Let's see if I don't read. I need my keys. Just make sure I don't get all dry. Awesome.

Episode 23:

(...) [Music]

(...)

Hello everyone, welcome to Time to Heal. My name is Pam Hoonfield and today on our show I have a really wonderful lady that's come here to share with you what it's like in the beginning of recovery.

(...)

I know there's a lot of you out there that have been in and out of the program for a while and I want you to know there is hope. I was in and out of the 12 step program for four years and they placed bets on me.(...) And every time I would come back it was a big struggle. But one day at a time for the now I have over 35 years of recovery and it does get better. But in the beginning it's a real hard and I know it's a real struggle. So today we want to sit here and have our friend here share with us.(...) Can you tell that what's your name? My name is Chantal. Chantal. What it's like for you right now. But first let's start with talking about when did you first start drinking? When did it all begin?

(...)

I started drinking when I was 12 years old at a friend's house. I lost my virginity in the bathroom with an older guy.

(...)

I had no disconnect from everything when I found the alcohol. And then I started smoking pot and did some cocaine when I was younger. And I always went to school.(...) I got in fights.

(...)

You were 12 years old when you started drinking. Yes. And what was happening in 12? What was going on that was so bad that you felt lucky you needed to drink?

(...)

To be part of something.

(...)

You felt lucky inside. Yes. What was going on at home? What was mom and dad like? My mom was wonderful.

(...)

She was in recovery.

(...)

And she was an NA.

(...)

So I grew up in recovery.(...) But I partied. And my father kidnapped me when I was younger and beat the crap out of me because I looked just like my mother.

(...)

And called me all these dirty names.

(...)

So I think that's what started me to drink. I dig down deep inside.

(...)

You know, my father, the first time I met my father, I was five years old. I was wearing red lipstick. You know, a little girl's dress up. My father was an alcoholic and he slapped me in the face.(...) And he said, "What are you dressing up looking like a..." Right.

(...)

So I know that pain.(...) So then when I was 14,(...) my mom's boyfriend raped me.

(...)

And wanted to play quarters because I was just babysitting. He wanted to play quarters with me at a hotel. And I did. And I drank quarters.

(...)

When you have a quarter and you drop it, you try to put it in the cup.

(...)

It's a little game. It's a little game. Yeah. And I lost. And so I drank this Roman Coke.

(...)

It was...

(...)

It had...

(...)

It's okay. Just...

(...)

It had something in it that knocked me out. And when I woke up, he was on me.

(...)

And then I got really sick.

(...)

And I...

(...)

I was only supposed to babysit.

(...)

And that never happened.

(...)

So when my mom called,(...) because I tried to... I went out there and said, "Is that my mom?" Because he told my mom I was passed out. And that I drank.

(...)

And I tried to open the door.(...) And he came and slammed it. And told me I wasn't going to go anywhere.

(...)

So I got on the phone with my mom and I was crying.

(...)

And she said, "Are you okay? Do I need to come get you?" And I said, "Yes."

(...)

So when she showed up, he got in the front seat. And I got in the back.

(...)

And when we arrived home, he was trying to help me out. I told him to stay the blank away from me.

(...)

And I ran to my room. And I lit a cigarette. And my mom came running in the room saying, "Why are you acting like that?"

(...)

And I told her what happened.

(...)

And she went out there and punched him.

(...)

And took me to the... Ropped me up in a...

(...)

And I'm a...

(...)

A bathrobe and took me to the hospital.

(...)

And police were involved. And he went to jail.

(...)

This was not your fault, you know. Don't give me.

(...)

Right? Right? Say that. It's not my fault.

(...)

Makes sense why you drank, though, huh? Oh, yeah, then I partied like a rock star. And I'm all that.

(...)

Yeah.

(...)

And my father told me when I told him that I was right. He said it was my fault.

(...)

And that was last time I spoke to him. My dad until I was older.

(...)

So then my mom noticed that we were... Me and my brother were getting in trouble. And everybody was starting to do math and...

(...)

Math and coke and...

(...)

It wasn't... So she flipped a quarter on the map. And it landed me in Milford, Connecticut when I was 16.

(...)

And I was mad because I had to move.

(...)

But I still partied. Except for I got a party on a beach. And then by the ocean, you know, I had this beautiful house my mom rented.(...) It was the glass house I called it because it was all windows.

(...)

And I still smoked...

(...)

Did a smoke pot and drank.(...) And I became a cheerleader because I really wanted to do that. And my brother and I tried out because he was playing football. So a bunch of his friends tried out with me. And then when they finally found out that I made it, they went and quit. So they played football.

(...)

And that's when I started partying even more.(...) And I would do round offs and all that stuff in high school. But I was so high.

(...)

And the teachers just passed me for class. I didn't have to do the work. I didn't have to do anything. I was a cheerleader. So I automatically got passed.

(...)

And I regret that because I didn't worry very much.

(...)

I want a hand care doctor, a little guy, how about for a minute.

(...)

He had a drug and alcohol problem too at one time. But you can tell by the way he looks. But this has always helped me when I'm talking about painful things. So hold on to your hands here. Thank you Sam. Does that feel better? Yeah. It does. Yeah, I can breathe. It feels like.

(...)

It's one of the tools I use.

(...)

Well, I fell in love when I was younger. And he helped me go through this rape and stuff. And 11 and a half years later he called me.

(...)

And two months after that we moved in together.

(...)

And we ended up getting married. And I partied.

(...)

I drank a lot. I coke.(...) Anything that I could do, I did to know myself. I'm a flight attendant.

(...)

How long did you do that?

(...)

I've been a flight attendant for 15 years. Really? And I'm a caregiver. And I've been doing that since my divorce was four years ago.

(...)

So I'm busy. And I'm a single mom. I enjoy helping people. Oh yes, absolutely.(...) Absolutely.

(...)

So he had a really bad drinking problem.

(...)

And he quit. And he went to AA.

(...)

Then I quit and went to AA with him.

(...)

I went to a 12-step program with him.(...) And I was still drinking and using when I was away from him. And my life was just too much. I couldn't stand it any longer. So I quit with him.

(...)

Can I ask you a question? When you were going to the 12-step program with him, you went with him because he started.(...) Why did you stop going? What happened?

(...)

I got--

(...)

Well, how long ago was that that you did that?

(...)

Well, I've been divorced four years. And then three years--

(...)

It was in the beginning of our relationship.

(...)

And we were together for 10 years. So in the beginning of our relationship when I was 25. So in about 25, 10 years ago, you started. Was that the first time you had gone to a 12-step program?

(...)

Well, my mom-- For myself, yes. You knew about it before yourself. Before myself, yes. Absolutely. And then I stayed in sober for four years. And I had a baby. And I wanted to move home because I lived in Vancouver. You stayed sober. Did you go to the program? I dug indeed. Really? I-- Was it more okay? Yeah, I went to a meeting in Vancouver, Washington. Did he stay sober too? Yes. Okay. And then I wanted to move home because our family was home. And I had a baby boy.

(...)

So I had a lot of problems having children and we did fertility.

(...)

And I ended up being able to have my son. I wanted to move home so I could be closer to our family.

(...)

And within six months, he started drinking again.

(...)

And I drank again.

(...)

And then it was like never left. So when I took that first drink, it was on. I wasn't going to stop. Once an alcoholic goes, an alcoholic goes. Right.(...) Blackouts.

(...)

Fighting.

(...)

Was he abusive to you? Only one time.

(...)

Yeah, he hit me in the head and I kicked him in the stomach. He hit me in the back? Yeah. What might have been your view of your family? Right, yeah. Right. And then we always went to Cabo for our getaway.

(...)

And we did crazy things in Cabo.

(...)

How long did that go on? It was like two days ago. Until we got divorced. It was about four years ago.(...) It was the love of my life. This is still very painful for me. It's okay to feel you.(...) It's okay.

(...)

Just breathe. Take a deep breath. Is this a criminal?

(...)

Remember,(...) it's coming up to heal you.

(...)

It's not coming up to hurt you. This is part of the reason we drank so much. I've been burying this for a long time.(...) Absolutely.

(...)

Absolutely.

(...)

And God's trying to heal you.

(...)

Okay. So it's still very hard to talk about him. Yeah.

(...)

How's he doing, remember?

(...)

We have a really good relationship.

(...)

We put our kids first.

(...)

He's married.

(...)

She's wonderful. Is he sober now? No. No, he drinks. And she drinks.

(...)

But they love my kids. And that's okay for them.(...) It's not okay for me. Because I do the blackouts. I run amok. I don't pay my bills. I want to sleep with every man in the world and tell them to get out of my bed and throw their clothes out the window, you know, the door and say you can get your stuff there.

(...)

My first sponsor was a prostitute.(...) When she got sober, she said her spiritual experience was buying underwear.

(...)

But when I met her, she was a detective. So, you know, all of us women have gone through that. We'd wake up in the morning and say, "Who is that?" You know? Right. You couldn't ever feel clean enough. Exactly.(...) Don't shame yourself, okay? Part of the disease. Right. From 18 to 23, I was just-- We're not bad people getting good. Right. We're ill people getting well.

(...)

And sometimes other people are sicker than others.

(...)

We did what we did. Right. Keep going.

(...)

So I went to--

(...)

I got hurt on the airplane.

(...)

Because I'm--

(...)

Me physically? Yeah. There was a lot of turbulence, and I got hurt on the airplane. And the doctor prescribed me some medication.

(...)

And he kept upping my medication.

(...)

And it was fentanyl and Percocet and pendant.(...) Oh, an alcoholic stream, in a way.(...) Yeah. Right? Three drugs. Exactly. So I was getting all doped up, thinking more in my head that, "Oh, I hurt more." And I didn't realize what I was doing. I hurt more. So he upped my medication. Well, by the third month,(...) my workman's comp said no more. He said no more. He wanted to detox me one on one. I called two other doctors. They said, "Absolutely not. If you don't go to treatment, you will die." I was having a hard time breathing.

(...)

I was having-- I was on fentanyl for some 75. I mean, it was really high.

(...)

And I was taking eight to 10 Percocet a day. Mm-hmm. And my body was swelling up.

(...)

And so-- Did you prescribe eight a day? Yes.(...) And then he wanted me to go down to six. And I went to my mom's house for a while to try to get down to six.

(...)

But when they stopped me on everything,

(...)

I reached out to my union,

(...)

and I said, "He's going to stop me and return me back to work on Friday, and I'm on Altmus medication, and I know I can't fly." So I went. They said, "You can--" But then in 24 hours, they flew me to U.N.Y. in Salt Lake City for a detox, and I detoxed for seven straight days. It was the worst pain I've ever gone through my whole entire life. That's what I've heard.(...) I wouldn't--

(...)

I wanted to die. I wanted to crawl out of my skin. I wanted to run into traffic. I wanted to--

(...)

And all I could do was look outside the windows or stay in my bed or take showers after showers after showers just to try to feel alive or get this stuff away from me.

(...)

And then after I--

(...)

After I had a deal with that, they sent me to Recovery Ways in Salt Lake to my treatment center, and I thought I only had to do 30 days, including my detox and then two more weeks, you know? And they said no.(...) So I became really honest with myself because I know that I drink a lot, and if I look outside the box of that fentanyl and the doctors,(...) I am an alcoholic.

(...)

And I'm not proud of it,

(...)

but at least I know that I can be honest with myself and ask for the help. You know what? You were ten years old, and what you said is I'm going to grow up becoming an alcoholic. Right?

(...)

Somehow we--you know, when you said I'm not proud of it, try and remember you didn't ask for the illness.

(...)

So it's not your fault. It's our responsibility, Bill. Now that I know I'm diabetic or whatever illness I have and it is a mind disease, I have to take care of that. So don't put the shame on you and the guilt. You know, you didn't want to have all this happen. Now that you're aware, look at what you're doing now. Cheryl, what are you doing now for your recovery?

(...)

Um, they flew me home two days ago. I have 52 days.

(...)

I, um--my brother picked me up and then took me to my vehicle and I went directly to a meeting.

(...)

And then I went to another meeting.

(...)

And then, um,(...) my kids' stepmom,

(...)

uh,(...) picked up my kids and brought them to me and videotaped it and I got to surprise my children. Tell me about your children quickly. What about your children? My kids,(...) um, seven and nine.(...) They're wonderful. Yeah, um, my nine-year-old is a boy and my seven-year-old's a daughter--of course, my girl. But, um, they're wonderful. I'm gonna stand with you right now. Yeah, they're with me. We share, um, every other week. Okay. We share custody and she taped everything from the kids' time the kids walked in the door to see me because they expected me home on Sunday. You never lost your children. No. I, you know, I did lose my children. But those of they were listening, I want mothers to know that you can still say, "Stover, I did lose mine." My daughter was six weeks old.(...) My son was only a year and a half old. I never got him back.

(...)

What a blessing. Tell me some more about these children.(...) My son, um, loves baseball.

(...)

Um, he told me one time, he's like, "Mom, I need to--we get a flight for free." And I said, "Yeah." And he's like, "Well, we need to go to New York." And I said, "Why?" He goes, "Because we need to go watch the New York Yankees." I said, "Okay, we can figure that out." And he goes, "Because I need to see Babe Ruth." And I'm like, "Babe Ruth, okay." Um, I'm sorry, he's up in the stars.

(...)

Did they ever mention you're drinking or saying anything to you? Um,(...) yeah. Did they ever bring it up? Yeah, my son, um, said, "Why do you always have to drink? Why do you always have to drink your wine?" It's so hard to explain. Or, "Mom, can I have some wine since you're having some?" Um, it's bad for you. So I had to explain to them that, um,(...) because I went to a hospital to get better, because I couldn't sit and I couldn't bend over, and once I got off all that medication, I was able to bend over and do my thing, um, that I don't drink anymore.(...) And they're really, really proud of me. You know, in a lot of treatment centers, I want to say this, uh,(...) they do have family times, but there isn't enough help for the children. Just so, just something for you to think about. There is a sister program called Allen on, and there's Alateen. And I went to an Alateen meeting once, and this little boy was in there five years old. Oh my gosh. I'm just crying about mom and daddy's drinking and hurting, you know. And there's a person there overlooking the group, it's their group. And I thought, wow, this is awesome. Parents could just get their children right away into this program. It's great.(...) They get to find out that it's not their fault. They get to learn that it's not your fault, and it was an illness. They get to learn everything you're learning. So just something to think about. Oh, absolutely. We're getting closer to our time here, but I just want to make sure you know about that, and maybe ask them to be willing to try a few of those meetings. Oh, absolutely. I would love to take them to that. Um, briefly. Briefly, I did. Because the kids need a close to time. Oh, absolutely. And I bet they're so happy for you right now. Oh, yeah.(...) Absolutely, they are. So it's wonderful. I missed them.

(...)

So have you, you know about getting a sponsor? Yeah, I got a temporary sponsor right now. Okay. And I'm doing service work.

(...)

And, um... What are you doing as for service work? Well, I, um, at the last meeting, I just went to, they took out the trash.(...) Wonderful. I got a phone list. I talked in the meeting today.(...) Good. Um, yeah, for experience, strength, and hope, it's wonderful. And I'm just going to dive into recovery. Yeah. Because I don't, the only two options I have is to learn more about myself and to give freely. Or I can go and die. Those are the only two options that I have. Yeah, what they said, Jeff. Well, I wanted that one. I wasn't going to be that lucky enough. Insanity. Right. Which we, prison.(...) Right. And people said, well, how would I ever go to prison because I'm not a criminal? Well, I want to be drinking and driving and kill somebody. Right. I mean, there's ways, you know. Yeah. Yeah, we don't have to do that. No. And so I'm going to dive in deep. And I read the book. Okay, the main text. Uh-huh. Wonderful. And I circle all the "we"s in it. Yeah. Because every time I think of "I," I get in trouble. Me too. So when I'm like, "We, we," and it helps me read the text. So the first step, I'm powerless over alcohol, and my life has become unmanageable. You're convinced on that? Oh, absolutely. You know, the first step is the only one we could do 100%. Right. Absolutely. I'm either pregnant or I'm not. I'm not a college or I'm not.

(...)

So you're not going. Yes. You're convinced. Yeah. Oh, yes. The thought of that. Step two. Higher power can restore me to sanity. Yes. You know what they mean by being restored to sanity?(...) Yes. Okay. That means the thoughts that precede the first drink.

(...)

Oh. Well, okay. Yes. When I would take that first one, what was going on in my mind that I picked up the first one? And so far, for 35 years, I've been restored to that part of sanity. Not the other part.

(...)

I was not. I had that first drink. Something happened in my brain where it's not okay to do that today. And that is not me. Because I mean, nothing could stop me when I wanted to do it. So that's what step two is about. Step three. We're getting close to the end of the clip. And remember step three is about turning it over to a higher power. They say you're willing your life, which means your thoughts and your actions every morning. And I remember my sponsors said, "Don't wait till at night. Do it all day." You can't overdose and say, "I will be done." We're closing here. We're getting really close to the end. I want you to share briefly if somebody was sitting here and they're kind of like sure if they want to do this thing, what would you like to say to them?

(...)

I would say to them, if you can drink and give it your all drinking, why don't you try this way for a few days and give it your all in recovery.(...) And it's just one day at a time. You don't have to look at the days or the years or the months. You can only look at the moments, minutes and a day. And I wish them the best and service work. Oh, absolutely. And the higher power. But that comes within time. So we can't do it alone. Exactly. We cannot do it alone. That's why I circle those leads. I still do our meetings. I do not do this by myself. And with good news is we don't have to do it alone. Right. That God is there with us. And it's okay to be scared. And it's okay. Yeah. Because the unity of the program will help you and carry you until you can be strong enough. Thank you so much. You're such a blessing to the community. Well, thank you for your time and letting me be on your program. And you have my number. You call me anytime 24 hours. I don't care. Thank you. And do what they ask me to do. Make this promise that before you drink, you call me. And if you got a good reason, I'll go with you. I'm going to come up with one hand.

(...)

That's a great one. Anyway, thank you very much. And thank you for joining us today. And thank you to my Facebook friends. We really appreciate you viewing today. And all those of you that are out there struggling, just know you can do this one day at a time to stick with me one more day. And remember, God isn't going to give you more. You can handle. Just reach out and make that phone call. That heavy.

(...)

Phone. It can be heavy. And hang in there because your miracle is on its way.

Episode 24:

[Music]

(...)

Hello everyone. Welcome to Time to Heal. My name is Pam Hemphill and today we have a special guest with us,(...) Dr. Charles Rice. Dr. Charles Rice is a clinical psychologist. He's the owner and director of his own clinic, Living Hope Clinic in Boise, Idaho.

(...)

Thank you for coming on today. I really appreciate this. Well, thanks for inviting me. Let's start off first by asking you, can you share with us what motivated you to even get into the field of alcohol, drugs, and therapy and clinical psychology?

(...)

Well, all behavior is multiply determined, as you probably know. So, probably many reasons. One, of course, was my mother was a psychiatric nurse.

(...)

And she told me about working at Shadle Sanitarium in Seattle,(...) where, you know, they use an imitine and counter conditioning. I had an externship there years later.(...) And she introduced me to the psychiatric world when I was quite young. I used to go to Shadle Sanitarium, where she was a head nurse,(...) and mow the lawn and play badminton with the patients and eat with them and so on. And then my half-brother was a clinical psychologist and a school psychologist. So, it was kind of in the family.

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And so, it was also a way to make money.(...) So, I decided to follow along in their examples and become a clinical psychologist. It cost a little too much money to get an MD.(...) So, but after being in the military and serving a little time in Korea, I came back and used my GI bell and went back to school.(...) First became a school psychologist and a marriage and family and child counselor for a while.(...) And then decided to go back, because I didn't think I knew enough to really do private work independently. So, I went back to Washington State University for my PhD.(...) And then an internship at University Organ Medical School in the VA hospital in Portland, Oregon. And eventually went to Harvard Medical School for a post-doctoral fellowship in behavioral psychology. Harvard? Yeah. Where I met my wife, a psychiatric nurse. Oh, tell me about that. I like to brag and say she's the only thing of any value I ever got from Harvard. She works with me at the clinic, working with families and couples and children. And she's, of course, I'm a fan. So, I think she's pretty sharp.

(...)

And so, I've been doing this for quite a while.(...) And we had been out east and she's from Niagara Falls herself, but it's so damp there. And we decided to move to Idaho and back out west to a higher, drier climate because the children had allergies and I have allergies. And I'm a child of an alcoholic and a lot of

children of alcoholics have allergies. And so, we came to a higher and drier climate and it was better for the family.

(...)

So, I've been here for 25 years and just love it. Love the mountains,(...) clay mountains when I was a kid, young man and stuff.

(...)

The altitude is good for me. Oh, yeah. It's beautiful here. It sure is. What I like about the Moza Boise is the family atmosphere here.

(...)

Well, I've lived in many places, New York State, Boston, had private practice, California.

(...)

Yeah, I wouldn't go back to any of them. I'm adopted, I hope.

(...)

A question I have for you, since this is a recovery TV show here about alcohol and drugs, what are some of the most recent research findings that are happening in the addiction field? I like Dr. Dodd's book, Breaking Addiction.

(...)

And there's a, it correlates with another book. Now, he's from McLean Hospital, which is a teaching hospital of Harvard, where I had my postdoc.

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And he's the head of the addiction place there. He's a psychoanalyst. He describes many case studies.(...) And there's another book similar to it by a couple of hypnotists.

(...)

Interestingly enough, they say the same thing.(...) In terms of cause,(...) they say that people have expectations.

(...)

And when they don't get those expectations met, that leads to frustrations and or resentments, and that can be displaced onto a substance.

(...)

And all substance abuse is all, they say,(...) substitutable. In other words, you can put down a drink and pick up a fork, put down a fork and pick up whatever.

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So it's a form of obsessive compulsive behavior, but it's less, of course, acceptable to society.

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But when frustrations are not met, and the person, it's like being in a cave-in, Dr. Dodd says, and the person feels really trapped. And they'll displace that onto a substance with alcohol and cocaine and meth. Those are all empowering drugs anyway. So that makes a person feel more competent and more empowered.(...) Another doctor wrote a book, The Drinking Man, and then one of his students, The Drinking Woman, said the same thing that drinking enhances, and of course other drugs, enhances the self-worth, self-esteem. People feel more attractive, more potent, more powerful. That's why we have a lot of beer muscles and bar fights and stuff.

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But unfortunately, when the person sobers up, they're back in the cave-in.(...) Nothing's really changed. Now those frustrations can be from the day before, but they can, are there broken expectations, okay?

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Expectations are very common, such as, for example, you might expect, you know, to get to work on time. But somebody cuts you off and makes you mad, and you don't get to work on time. That's a trivial example, perhaps, but there are all kinds of expectations that we have that, you know, we plan for things to happen during our day, right? We expect to have a nice interaction with our spouse, perhaps, or our kid. And if we don't, well, that's a broken expectation, right?

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So that's displaced, as I said, and it can be broken expectations from the day before, but it can also be from years before.(...) The broken expectation in the here and now, the boss yells at you, the teacher, your wife, or your husband,(...) that can trigger other things from the past.

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And, of course, many addicts, unfortunately, come from families in which there's a lot of addiction.(...) There is, I believe, anyway, there's no proof of it, but I believe it's familial, and there's a lot of genetic stuff involved there. Someday they might prove it. In my own family, my father was an alcoholic, my grandfather and my uncle, my father-in-law, everybody. It's epidemic, as you all know. It's so widespread.

(...)

Anyway, getting back to the point about these expectations,(...) of course, Dodds is a psychoanalyst, so he,(...) in his book, and these other writers, have a list of other resources or ways to cope with these broken expectations.

(...)

I, myself, do Gestalt therapy, which is a kind of psychodynamic thing, but it helps people finish unfinished business.

(...)

People can, I don't know if it's nature or not,(...) but one would hope that their parents would love them, and they would expect that there wouldn't be a lot of yelling, fighting, and carrying on. But an alcoholic family often is.(...) And, of course, there's a lot of trauma in these families. The alcoholic family system, of course, develops a stably unstable state, like a mobile hangs from the ceiling. Touch any one part, it all moves.

(...)

And so it's a highly tense, highly traumatic environment.

(...)

Obviously, I don't have to tell you that the person whose brain is compromised by alcohol,(...) judgment is not good,(...) control of basic instincts like aggression or sex are not good, and people get hurt.

(...)

Spouses get hurt,(...) children get hurt,(...) dogs and cats get hurt. I mean, everybody gets hurt.

(...)

So anyway, so people often have a lot of trauma,(...) which they carry from childhood, and so on.

(...)

Now, these expectations of the day, or even the past,(...) they're not met. What happens is,(...) during the night,(...) people dream, because the brain doesn't like unfinished business, people will dream to try and finish that unfinished business, which is the same thing.

(...)

It's done through metaphor and simile and symbols, right?(...) If they overdream,(...) because they have so much unfinished business, they're going to wake up in the morning exhausted. They're working all night, and they're depressed.

(...)

That's why depression and addiction are so commonly associated, right? Because a person just can't get any serenity, any peace, because their problems never go away, not even when they're sleeping. So they don't get a lot of delta sleep or restorative sleep. So that's why those with PTSD have all those nightmares that it's still unresolved? Correct.(...) That's one of the reasons people who have

post-traumatic stress disorder have a lot of nightmares, they're trying to finish that unfinished business in their dreams. Unfortunately, it doesn't finish it, naturally.

(...)

There are therapeutic ways to fix PTSD.

(...)

And do you want to discuss that? Yes, I don't know the secret. Okay, well, one method is called eye movement desensitization response.(...) It's kind of like, it's the MDR, it's kind of like a waking hypnosis procedure.(...) The other procedure is to use what's called a rewind technique in hypnosis, okay? Where it's kind of, you put the person in that nice relaxed state, and it's imagery. Again, that's the right side of the brain. And what you do is you reprogram those instincts, or that unconscious mind, which resides in the middle of your head in a place called the limbic system, and the amygdala, which has the emotions, okay?

(...)

What you do is through imagery,(...) which the person, if they're dreaming, they're imaging, right? Yes.

(...)

We know we have an unconscious mind because we dream.(...) So what we have is, in hypnosis, it's kind of like a waking dream.

(...)

And what you do is you take it, and you have the person go through it, but you go through it really fast, and then at the end, you have them go through it backwards, really fast.(...) That's called a rewind technique, and you kind of erase it, it's kind of like a tape. It's like erasing a tape recording, right?

(...)

And there's more to it. I mean, you have to get them watching it outside before they watch it inside and so forth.(...) You can cure PTSD in one session doing that. Sometimes it takes more, but you don't, just talking about it, unfortunately, often just reminds the person of it, and it retraumatizes them over and over, okay? But if you have them do this rewind technique, or the EMDR,(...) you can erase it. Now, are they feeling any feelings or emotions? No, they're very relaxed because they're in a hypnotic state, you know. That's why I like hypnosis better even than the EMDR because you have them so relaxed that, so you can't be relaxed, when you're relaxed, the parasympathetic branch of your autonomic nervous system is engaged.

(...)

To have a traumatic memory,(...) put in trauma hormones, cortisol and cortisol, you have to have the sympathetic branch of the autonomic nervous system engaged, right? But if you have them so relaxed, they're in the parasympathetic branch, and you're erasing it while very relaxed, see? They can't be aroused emotionally and relaxed at the same time. It's not possible.

(...)

I'd heard that it's important to go back and feel what you didn't feel. Are you numbed out? No? That's not what...

(...)

You know, like John Bradshaw, he mentioned, he did a lot of that work where he had you go back and let the child cry and grieve. Well, you know, you can...they call it ab reaction, yeah. You can do that,(...) and that's kind of like implosion.

(...)

There's another system called flooding. You flood the person with so much that they get exhausted, and it's all desensitized.

(...)

Okay, people can try that. I prefer not to.(...) I mean, I do have people finish unfinished business if they're strong enough by confronting perpetrators and whatever. But if it's, you know, really bad,(...) shoot. I mean, if we can do it easier, and if you can do it in one session, or two, or three,(...) how much better? So you meet them where they are and what's the more appropriate? Now, if people have repressed things, okay, in hypnosis you can have them regress, and then you can have them do Gestalt about unfinished business that they have confronted. Somebody who's traumatized them, beat them as a child or something, right? You can have them in Gestalt while relaxed do a kind of role play. It's called Gestalt role play. And work through those feelings, and then forgive the person and move on. Yeah, okay. If the person doesn't quite remember everything, you can do that. I don't have to do that very much, because especially when people have PTSD, they remember all too well, unfortunately.

(...)

I heard that hypnosis, that it's not, well, this is just what I heard, I just want to hear your opinion, that we shouldn't force a memory to come up, let it come up on its own, or... Yeah, you don't want to... Because it could be too traumatizing. Well, no, you also don't want to induce memories that aren't there. I mean, you don't want to suggest something that didn't happen. You end up with false memories, right?

(...)

People can try and grind their own acts if they think everything's caused by trauma, they can suggest trauma. Well, I don't want to do that.

(...)

Yeah, that makes sense. They have to discover it on their own.(...) I mean, I don't want to put it there.(...) Well, I like the hypnosis in Gestalt. Yeah, I do too, but that's my thing.(...) Dr. Dobbs does psychoanalysis, I suppose that works for him quite well, in different people. It depends on your training, of course.(...) I'm just highly trained in what I'm trained in.(...) Yes, and I was taught and learned to inform clients and our patients to learn about the different approaches in therapy. They're not schooled, you know, "Well, I need

a therapist at Gestalt, I need a therapist." Is there anywhere they can go to maybe learn just what maybe...

(...)

...Leyman would learn about how to do the appropriate therapy for what issue they're going through? Well, the ubiquitous Google, right? You can find out anything in today's information society on the internet that describes different procedures and what they're good for.

(...)

Now, mind you though, one wants to make sure that it's evidence-based treatment, that is, there's research... Research, okay. Like Dr. Dobbs' research,(...) tons of research about hypnosis, obviously it's been approved by the American Medical Association for what, 50 years? Something. But there's a lot of data. Anything that's kind of like...(...) some people are doing this thing I've heard of called tapping or whatever, whatever. Well, unless there's data on it that's, you know, convincing, it's been around a while and there's good evidence, I wouldn't try anything that's like experimental or new or untested.

(...)

Yeah, I've heard a lot, you know, mindfulness.

(...)

Well, that's meditation.(...) Of course, that doesn't...(...) in a way, that's kind of preventative in a sense that there's a book called Relaxation Response.

(...)

Again, the authors from Harvard, I remember his name is a little bit anyway, wired meditators up, measured their brainwaves, did assays on their blood level and so forth. It reduces stress a whole lot, reduces cortisol and cortisol and whatever. So more of another tool, not necessarily the treatment, but as a tool used to reduce... It's not like a therapy and it is different than hypnosis, for example, or other therapies. But in terms of stress reduction,(...) it's great. Start your day that way, relaxes you during the day and it's very good. And a lot of... there is some research...(...) attics have been, you know, research about attics using it in a positive way to help them and it's been good research there.

(...)

Benson, that's his name. Relaxation Response by Dr. Benson.

(...)

And your approach with anxiety and depression?

(...)

Anxiety and depression against psychotherapy depress people again in terms of dreaming, they overdream.(...) They have too much unfinished business,(...) too many expectations unmet. You try and

assay what needs are being met and what needs are not being met. People have needs for community, needs for purpose and meaning in their life,(...) some control of their lives and things like that. I have a little questionnaire.(...) If their needs aren't being met, if they don't have a support network and so forth, well, of course, you'd refer them to support networks of which we have in our country. Probably all. I don't know how many countries, but, you know, the 12-step programs and other support programs are just all around for people.

(...)

Plus many, many other clubs and things that people can get interested in, hiking clubs and so forth, to have some kind of community and outlet purposes.

(...)

You know, people can find a church of their flavor or philosophy of their flavor, but people do need meaning and purpose in their lives also. Some spiritual dimension to their lives, recreational dimension. What do they have and what don't they have because people need a little recreation, too.

(...)

Social life.(...) Do they have a significant other? Stuff like that.(...) You want to find that out. If their needs aren't being met, you want to help them meet them. And then, of course, you want to help them resolve or work through their unfinished business if they have any.

(...)

Oftentimes, if they're not getting restorative sleep, hypnosis is good for that so they can get some delta sleep. That's four cycles per second or slower so they can get some rest.

(...)

Cognitive behavior therapy is also used. I use that, too. I was trained at Harvard Inet and Washington State. I have a workbook for that. People look at their thinking errors, such as personalization, self-blame, guilt,(...) other thinking errors, and learn to dispute those thinking errors. That's for the left side of the brain, for cognition thinking, in other words. That's what cognition means.

(...)

To learn to change your thinking, that's cognitive behavior therapy.(...) And then the psychodynamic psychotherapies like Büchdel and hypnosis for dealing with the left side of the brain,(...) or no, right side of the brain, sorry,(...) and the unconscious mind. So we deal with both the conscious mind and the unconscious mind through a variety of strategies.

(...)

You know, in the program, I was new in the program, and you still hear it once in a while, which we are told not to play doctor and psychologist. But you'll hear this in the recovery community. All you need is the program. You don't need to be on any medications for your psychiatric problems.

(...)

My understanding, however, since I've been privileged to be introduced to the program, not as a, well, as a consumer of one of them, I'm not an addict, but still are groups for family members.

(...)

I've been introduced to the program, and my understanding is that the program has no argument with other treatments that anybody might need. So I think that, is it, may I say Bill W.? Yes. Bill W. writes that there's no controversy or conflict, and that, as a matter of fact, in one of the brochures I read, he says that, you know, the medical profession is going to be finding out more and more about addiction as the years go on. So we have no argument,(...) no argument with theologians, no argument with physicians, no argument with anyone else who wishes to help us, he says, less what?(...) Controversy can lead us in the wrong direction. We don't want any controversy. If that's helpful, that's helpful. And some people are duly diagnosed. They do have a mental illness, for example,(...) as well as an addiction, and it would be not fair to them to get the correct medication so that they can function because they can stop their addictive behavior, but then have all kinds of very painful symptoms, like hallucinations.

(...)

Or major depression, which requires medical treatment, right? And with some of the modern drugs today, they can function quite well.(...) I'm very impressed with that. I heard my sponsor several times talking to others, says, remember, Pam, it's medication, it's not drugs. It's medication, it's the God of medication.

(...)

And also, and then there are those two who may cope very well in the programs with their addiction, but then they may have that unfinished business that leads them to depression, anxiety,(...) panic disorder, whatever, that requires psychological help. Yeah, and Jesus, would you go all day with a headache? Why wouldn't you just take some aspirin?

(...)

She's funny. Another question I have for you today, unfortunately,(...) me and my husband had gone to meet with this gentleman in the hospital, overdosed on heroin. He was 22.(...) His heart had already been damaged,(...) and we did what we could to help him and gave him phone numbers and stayed available for him, but we didn't have any contact with him or his mother, but till today.(...) And she called us and said that he committed suicide.(...) So for the parents and the family that are out there that have lost somebody from this addiction, what would you say to them?

(...)

Regarding suicide, which is all too common in the addictive community, but community at large as well.(...) Now, that's grief, and people are going to have to learn to say goodbye to the person.(...) A normal grieving can take five years without treatment,(...) but treatment can speed that grieving process up. The stages of grieving according to Elizabeth Kubler-Ross in her book On Death and Dying is shock, anger, bargaining, please God, please doctor, depression, acceptance.

(...)

But through, I use Gestalt therapy and even hypnosis,(...) one can speed up that grieving process and speed up saying goodbye.(...) Now, mind you, I have a saying that I tell people, you can't say hello until you say goodbye. So one needs to say goodbye in case they want to go on with their life and maybe find another partner or have more children. Perhaps if it's a child, it's committed suicide or whatever. But that's a saying I do have. And one doesn't, in saying goodbye, one doesn't have to say goodbye to everything.(...) One can learn to, when I do it, I have the person,(...) I kind of have them role play this, right? They keep the parts of that person, the experience of that person, they keep those parts that they like, and they say goodbye to the parts they don't like.(...) For example, they would want to say goodbye to this person you're talking about, would want to say goodbye to the way the person died,(...) to the suicide.(...) But might want to keep a lot of other experiences they've had with that person. So one doesn't have to say goodbye to everything. You know, we're coming to you and just to wind it up, the last thing that you'd like to say to our viewers,(...) is there anything you'd like to share with them?

(...)

Last thing.(...) Well, just a little bit on your spiritual perspective real quick.(...) Well, I had a person that was,(...) it's called a sponsor in the program, right? And this person who happened to be an addict and a child of an addict said, one time that he'd been talking to his sponsor about those that go, as they call it in the program, go back out.(...) You all will know what that means. I didn't really exactly too much. But they got, they told me this, they said, they came to the conclusion, my sponsor said is, those that get the God thing get the program and those that don't, don't.

(...)

I couldn't agree with you more.

(...)

Thank you so much. You're welcome. I'm really blessed to have you today. You've been a privilege.(...) To my viewers, thank you for joining us today.(...) I am so grateful to have heard, had Dr. Rice here with us and given us this information. If you have any more questions, I would like to talk to him. His phone number is Erico 208 378 1122.

(...)

And again, just as a reminder, there's nothing that without a higher power, God, you can't do, you know, with, I brought him into my life 35 years ago, and he's still with me one day at a time. And I don't do this by myself. I get the help of professionals and sponsors or whoever I that is self abused to try to do it alone. So if you have time and have some questions, give Dr. Rice a call. And thank you for joining me today and don't give up because your miracles on its way. Amen.

(...)

So I think we can cut out a little bit. You'll know what to cut out because I want that ending.(...) That ending is.

Episode 25:

[Music]

(...)

Hello everyone. Welcome to Time to Heal. My name is Pam Hemphill and today we have a special guest with us,(...) Dr. Charles Rice. Dr. Charles Rice is a clinical psychologist. He's the owner and director of his own clinic, Living Hope Clinic in Boise, Idaho.

(...)

Thank you for coming on today. I really appreciate this. Well, thanks for inviting me. Let's start off first by asking you, can you share with us what motivated you to even get into the field of alcohol, drugs, and therapy and clinical psychology?

(...)

Well, all behavior is multiply determined, as you probably know. So, probably many reasons. One, of course, was my mother was a psychiatric nurse.

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And she told me about working at Shadle Sanitarium in Seattle,(...) where, you know, they use an imitine and counter conditioning. I had an externship there years later.(...) And she introduced me to the psychiatric world when I was quite young. I used to go to Shadle Sanitarium, where she was a head nurse,(...) and mow the lawn and play badminton with the patients and eat with them and so on. And then my half-brother was a clinical psychologist and a school psychologist. So, it was kind of in the family.

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And so, I've been doing this for quite a while.(...) And we had been out east and she's from Niagara Falls herself, but it's so damp there. And we decided to move to Idaho and back out west to a higher, drier climate because the children had allergies and I have allergies. And I'm a child of an alcoholic and a lot of

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The altitude is good for me. Oh, yeah. It's beautiful here. It sure is. What I like about the Moza Boise is the family atmosphere here.

(...)

Well, I've lived in many places, New York State, Boston, had private practice, California.

(...)

Yeah, I wouldn't go back to any of them. I'm adopted, I hope.

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A question I have for you, since this is a recovery TV show here about alcohol and drugs, what are some of the most recent research findings that are happening in the addiction field? I like Dr. Dodd's book, Breaking Addiction.

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And there's a, it correlates with another book. Now, he's from McLean Hospital, which is a teaching hospital of Harvard, where I had my postdoc.

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(...)

Anyway, getting back to the point about these expectations,(...) of course, Dodds is a psychoanalyst, so he,(...) in his book, and these other writers, have a list of other resources or ways to cope with these broken expectations.

(...)

I, myself, do Gestalt therapy, which is a kind of psychodynamic thing, but it helps people finish unfinished business.

(...)

People can, I don't know if it's nature or not,(...) but one would hope that their parents would love them, and they would expect that there wouldn't be a lot of yelling, fighting, and carrying on. But an alcoholic family often is.(...) And, of course, there's a lot of trauma in these families. The alcoholic family system, of course, develops a stably unstable state, like a mobile hangs from the ceiling. Touch any one part, it all moves.

(...)

And so it's a highly tense, highly traumatic environment.

(...)

Obviously, I don't have to tell you that the person whose brain is compromised by alcohol,(...) judgment is not good,(...) control of basic instincts like aggression or sex are not good, and people get hurt.

(...)

Spouses get hurt,(...) children get hurt,(...) dogs and cats get hurt. I mean, everybody gets hurt.

(...)

So anyway, so people often have a lot of trauma,(...) which they carry from childhood, and so on.

(...)

Now, these expectations of the day, or even the past,(...) they're not met. What happens is,(...) during the night,(...) people dream, because the brain doesn't like unfinished business, people will dream to try and finish that unfinished business, which is the same thing.

(...)

It's done through metaphor and simile and symbols, right?(...) If they overdream,(...) because they have so much unfinished business, they're going to wake up in the morning exhausted. They're working all night, and they're depressed.

(...)

That's why depression and addiction are so commonly associated, right? Because a person just can't get any serenity, any peace, because their problems never go away, not even when they're sleeping. So they don't get a lot of delta sleep or restorative sleep. So that's why those with PTSD have all those nightmares that it's still unresolved? Correct.(...) That's one of the reasons people who have

post-traumatic stress disorder have a lot of nightmares, they're trying to finish that unfinished business in their dreams. Unfortunately, it doesn't finish it, naturally.

(...)

There are therapeutic ways to fix PTSD.

(...)

And do you want to discuss that? Yes, I don't know the secret. Okay, well, one method is called eye movement desensitization response.(...) It's kind of like, it's the MDR, it's kind of like a waking hypnosis procedure.(...) The other procedure is to use what's called a rewind technique in hypnosis, okay? Where it's kind of, you put the person in that nice relaxed state, and it's imagery. Again, that's the right side of the brain. And what you do is you reprogram those instincts, or that unconscious mind, which resides in the middle of your head in a place called the limbic system, and the amygdala, which has the emotions, okay?

(...)

What you do is through imagery,(...) which the person, if they're dreaming, they're imaging, right? Yes.

(...)

We know we have an unconscious mind because we dream.(...) So what we have is, in hypnosis, it's kind of like a waking dream.

(...)

And what you do is you take it, and you have the person go through it, but you go through it really fast, and then at the end, you have them go through it backwards, really fast.(...) That's called a rewind technique, and you kind of erase it, it's kind of like a tape. It's like erasing a tape recording, right?

(...)

And there's more to it. I mean, you have to get them watching it outside before they watch it inside and so forth.(...) You can cure PTSD in one session doing that. Sometimes it takes more, but you don't, just talking about it, unfortunately, often just reminds the person of it, and it retraumatizes them over and over, okay? But if you have them do this rewind technique, or the EMDR,(...) you can erase it. Now, are they feeling any feelings or emotions? No, they're very relaxed because they're in a hypnotic state, you know. That's why I like hypnosis better even than the EMDR because you have them so relaxed that, so you can't be relaxed, when you're relaxed, the parasympathetic branch of your autonomic nervous system is engaged.

(...)

To have a traumatic memory,(...) put in trauma hormones, cortisol and cortisol, you have to have the sympathetic branch of the autonomic nervous system engaged, right? But if you have them so relaxed, they're in the parasympathetic branch, and you're erasing it while very relaxed, see? They can't be aroused emotionally and relaxed at the same time. It's not possible.

(...)

I'd heard that it's important to go back and feel what you didn't feel. Are you numbed out? No? That's not what...

(...)

You know, like John Bradshaw, he mentioned, he did a lot of that work where he had you go back and let the child cry and grieve. Well, you know, you can...they call it ab reaction, yeah. You can do that,(...) and that's kind of like implosion.

(...)

There's another system called flooding. You flood the person with so much that they get exhausted, and it's all desensitized.

(...)

Okay, people can try that. I prefer not to.(...) I mean, I do have people finish unfinished business if they're strong enough by confronting perpetrators and whatever. But if it's, you know, really bad,(...) shoot. I mean, if we can do it easier, and if you can do it in one session, or two, or three,(...) how much better? So you meet them where they are and what's the more appropriate? Now, if people have repressed things, okay, in hypnosis you can have them regress, and then you can have them do Gestalt about unfinished business that they have confronted. Somebody who's traumatized them, beat them as a child or something, right? You can have them in Gestalt while relaxed do a kind of role play. It's called Gestalt role play. And work through those feelings, and then forgive the person and move on. Yeah, okay. If the person doesn't quite remember everything, you can do that. I don't have to do that very much, because especially when people have PTSD, they remember all too well, unfortunately.

(...)

I heard that hypnosis, that it's not, well, this is just what I heard, I just want to hear your opinion, that we shouldn't force a memory to come up, let it come up on its own, or... Yeah, you don't want to... Because it could be too traumatizing. Well, no, you also don't want to induce memories that aren't there. I mean, you don't want to suggest something that didn't happen. You end up with false memories, right?

(...)

People can try and grind their own acts if they think everything's caused by trauma, they can suggest trauma. Well, I don't want to do that.

(...)

Yeah, that makes sense. They have to discover it on their own.(...) I mean, I don't want to put it there.(...) Well, I like the hypnosis in Gestalt. Yeah, I do too, but that's my thing.(...) Dr. Dobbs does psychoanalysis, I suppose that works for him quite well, in different people. It depends on your training, of course.(...) I'm just highly trained in what I'm trained in.(...) Yes, and I was taught and learned to inform clients and our patients to learn about the different approaches in therapy. They're not schooled, you know, "Well, I need

a therapist at Gestalt, I need a therapist." Is there anywhere they can go to maybe learn just what maybe...

(...)

...Leyman would learn about how to do the appropriate therapy for what issue they're going through? Well, the ubiquitous Google, right? You can find out anything in today's information society on the internet that describes different procedures and what they're good for.

(...)

Now, mind you though, one wants to make sure that it's evidence-based treatment, that is, there's research... Research, okay. Like Dr. Dobbs' research,(...) tons of research about hypnosis, obviously it's been approved by the American Medical Association for what, 50 years? Something. But there's a lot of data. Anything that's kind of like...(...) some people are doing this thing I've heard of called tapping or whatever, whatever. Well, unless there's data on it that's, you know, convincing, it's been around a while and there's good evidence, I wouldn't try anything that's like experimental or new or untested.

(...)

Yeah, I've heard a lot, you know, mindfulness.

(...)

Well, that's meditation.(...) Of course, that doesn't...(...) in a way, that's kind of preventative in a sense that there's a book called Relaxation Response.

(...)

Again, the authors from Harvard, I remember his name is a little bit anyway, wired meditators up, measured their brainwaves, did assays on their blood level and so forth. It reduces stress a whole lot, reduces cortisol and cortisol and whatever. So more of another tool, not necessarily the treatment, but as a tool used to reduce... It's not like a therapy and it is different than hypnosis, for example, or other therapies. But in terms of stress reduction,(...) it's great. Start your day that way, relaxes you during the day and it's very good. And a lot of... there is some research...(...) attics have been, you know, research about attics using it in a positive way to help them and it's been good research there.

(...)

Benson, that's his name. Relaxation Response by Dr. Benson.

(...)

And your approach with anxiety and depression?

(...)

Anxiety and depression against psychotherapy depress people again in terms of dreaming, they overdream.(...) They have too much unfinished business,(...) too many expectations unmet. You try and

assay what needs are being met and what needs are not being met. People have needs for community, needs for purpose and meaning in their life,(...) some control of their lives and things like that. I have a little questionnaire.(...) If their needs aren't being met, if they don't have a support network and so forth, well, of course, you'd refer them to support networks of which we have in our country. Probably all. I don't know how many countries, but, you know, the 12-step programs and other support programs are just all around for people.

(...)

Plus many, many other clubs and things that people can get interested in, hiking clubs and so forth, to have some kind of community and outlet purposes.

(...)

You know, people can find a church of their flavor or philosophy of their flavor, but people do need meaning and purpose in their lives also. Some spiritual dimension to their lives, recreational dimension. What do they have and what don't they have because people need a little recreation, too.

(...)

Social life.(...) Do they have a significant other? Stuff like that.(...) You want to find that out. If their needs aren't being met, you want to help them meet them. And then, of course, you want to help them resolve or work through their unfinished business if they have any.

(...)

Oftentimes, if they're not getting restorative sleep, hypnosis is good for that so they can get some delta sleep. That's four cycles per second or slower so they can get some rest.

(...)

Cognitive behavior therapy is also used. I use that, too. I was trained at Harvard Inet and Washington State. I have a workbook for that. People look at their thinking errors, such as personalization, self-blame, guilt,(...) other thinking errors, and learn to dispute those thinking errors. That's for the left side of the brain, for cognition thinking, in other words. That's what cognition means.

(...)

To learn to change your thinking, that's cognitive behavior therapy.(...) And then the psychodynamic psychotherapies like Büchdel and hypnosis for dealing with the left side of the brain,(...) or no, right side of the brain, sorry,(...) and the unconscious mind. So we deal with both the conscious mind and the unconscious mind through a variety of strategies.

(...)

You know, in the program, I was new in the program, and you still hear it once in a while, which we are told not to play doctor and psychologist. But you'll hear this in the recovery community. All you need is the program. You don't need to be on any medications for your psychiatric problems.

(...)

My understanding, however, since I've been privileged to be introduced to the program, not as a, well, as a consumer of one of them, I'm not an addict, but still are groups for family members.

(...)

I've been introduced to the program, and my understanding is that the program has no argument with other treatments that anybody might need. So I think that, is it, may I say Bill W.? Yes. Bill W. writes that there's no controversy or conflict, and that, as a matter of fact, in one of the brochures I read, he says that, you know, the medical profession is going to be finding out more and more about addiction as the years go on. So we have no argument,(...) no argument with theologians, no argument with physicians, no argument with anyone else who wishes to help us, he says, less what?(...) Controversy can lead us in the wrong direction. We don't want any controversy. If that's helpful, that's helpful. And some people are duly diagnosed. They do have a mental illness, for example,(...) as well as an addiction, and it would be not fair to them to get the correct medication so that they can function because they can stop their addictive behavior, but then have all kinds of very painful symptoms, like hallucinations.

(...)

Or major depression, which requires medical treatment, right? And with some of the modern drugs today, they can function quite well.(...) I'm very impressed with that. I heard my sponsor several times talking to others, says, remember, Pam, it's medication, it's not drugs. It's medication, it's the God of medication.

(...)

And also, and then there are those two who may cope very well in the programs with their addiction, but then they may have that unfinished business that leads them to depression, anxiety,(...) panic disorder, whatever, that requires psychological help. Yeah, and Jesus, would you go all day with a headache? Why wouldn't you just take some aspirin?

(...)

She's funny. Another question I have for you today, unfortunately,(...) me and my husband had gone to meet with this gentleman in the hospital, overdosed on heroin. He was 22.(...) His heart had already been damaged,(...) and we did what we could to help him and gave him phone numbers and stayed available for him, but we didn't have any contact with him or his mother, but till today.(...) And she called us and said that he committed suicide.(...) So for the parents and the family that are out there that have lost somebody from this addiction, what would you say to them?

(...)

Regarding suicide, which is all too common in the addictive community, but community at large as well.(...) Now, that's grief, and people are going to have to learn to say goodbye to the person.(...) A normal grieving can take five years without treatment,(...) but treatment can speed that grieving process up. The stages of grieving according to Elizabeth Kubler-Ross in her book On Death and Dying is shock, anger, bargaining, please God, please doctor, depression, acceptance.

(...)

But through, I use Gestalt therapy and even hypnosis,(...) one can speed up that grieving process and speed up saying goodbye.(...) Now, mind you, I have a saying that I tell people, you can't say hello until you say goodbye. So one needs to say goodbye in case they want to go on with their life and maybe find another partner or have more children. Perhaps if it's a child, it's committed suicide or whatever. But that's a saying I do have. And one doesn't, in saying goodbye, one doesn't have to say goodbye to everything.(...) One can learn to, when I do it, I have the person,(...) I kind of have them role play this, right? They keep the parts of that person, the experience of that person, they keep those parts that they like, and they say goodbye to the parts they don't like.(...) For example, they would want to say goodbye to this person you're talking about, would want to say goodbye to the way the person died,(...) to the suicide.(...) But might want to keep a lot of other experiences they've had with that person. So one doesn't have to say goodbye to everything. You know, we're coming to you and just to wind it up, the last thing that you'd like to say to our viewers,(...) is there anything you'd like to share with them?

(...)

Last thing.(...) Well, just a little bit on your spiritual perspective real quick.(...) Well, I had a person that was,(...) it's called a sponsor in the program, right? And this person who happened to be an addict and a child of an addict said, one time that he'd been talking to his sponsor about those that go, as they call it in the program, go back out.(...) You all will know what that means. I didn't really exactly too much. But they got, they told me this, they said, they came to the conclusion, my sponsor said is, those that get the God thing get the program and those that don't, don't.

(...)

I couldn't agree with you more.

(...)

Thank you so much. You're welcome. I'm really blessed to have you today. You've been a privilege.(...) To my viewers, thank you for joining us today.(...) I am so grateful to have heard, had Dr. Rice here with us and given us this information. If you have any more questions, I would like to talk to him. His phone number is Erico 208 378 1122.

(...)

And again, just as a reminder, there's nothing that without a higher power, God, you can't do, you know, with, I brought him into my life 35 years ago, and he's still with me one day at a time. And I don't do this by myself. I get the help of professionals and sponsors or whoever I that is self abused to try to do it alone. So if you have time and have some questions, give Dr. Rice a call. And thank you for joining me today and don't give up because your miracles on its way. Amen.

(...)

So I think we can cut out a little bit. You'll know what to cut out because I want that ending.(...) That ending is.

Episode 26:

(...) (dramatic music) - Hello everyone, welcome to Time to Heal. My name is Pam Hemphill and I'll be your host.(...) Today we're gonna be talking about creativity and recovery.

(...)

You know, there's a lot of social stigma out there about alcoholism and drug addiction. And unfortunately, you know, it's still a part of a shame-based cultural belief system.

(...)

Why are we hiding our problem?

(...)

You know, being a judge, a doctor, a senator, a dentist, a police officer, school teacher, et cetera. You know, why do we hide the fact, an artist, that we have a problem with alcohol and drugs?(...) You know, if you had a, you know, it's really silly. If you had a friend that was alcoholic or an addict, you know, you would do everything you could to get them help. But what if they were a diabetic? Would you look strange at them and say, what's wrong with you, you know? Or would you be shocked? And would you like them any less just because they're diabetic? Well, it's the same with our illness. It's an illness, it's a mind disease.

(...)

We're trying to do everything we can to get rid of the stigma that holds a lot of us back by opening up and talking about it. And so on today's show, that's what we're gonna be doing. I've invited Rachel here. She's an artist, she's in recovery, and she's gonna share parts of her story.

(...)

You know, true recovery is full of courage, hard work, and miracles.

(...)

There is no shame in it.

(...)

There are a lot of artists who do choose to remain anonymous, and a lot of them are not.

(...)

On the website today, I was looking up artists in recovery, and I discovered that there are a lot of artists in recovery today, and it's a growing field, and there's some wonderful pictures there.

(...)

So today, we're gonna start off talking to Rachel and ask her some questions and have her share with us how she got started in doing this type of work herself. First, will you start off by sharing with us a little bit about your childhood, how you raised?

(...)

- Well, I've moved around quite a bit.

(...)

I would say most of my upbringing came about

(...)

when I was living in Phoenix, Arizona, because I spent most of my high school years over there.

(...)

And so the high school that I went to, a lot of it was run by gangs from the prisons. There was a lot of violence, so I thought a lot of the drugs and weapons was normal, apparently.(...) I was wrong about that, I didn't really know any difference. So I got really desensitized, like from the get-go.

(...)

And I also grew up with, I have like on my mom's side of the family, I would say that's where the, all the artistic type stuff comes from. And then with my dad's side of the family, that's where all of my like depression and substance abuse issues come from.

(...)

(clears throat) And I've moved around quite a bit, and now I'm in Idaho and I'm not leaving. I love it here.(...) So,(...) and I also mentioned that I am in long-term recovery from a lot of addictions. My primary substance of abuse is marijuana, and I'm talking street weed.

(...)

So, and I will refer to marijuana as MJ, because when I found marijuana, I also got into relationships with gentlemen and I treated both of them the same.

(...)

And I will say in all seriousness, like for myself to use marijuana, it's like an absolute death sentence for me to do it. And I know that I don't hear too many people that actually say that, but for me, it caused quite a bit of havoc and some problems.(...) And then, and I know a lot of that stemmed from growing up with depression and not knowing what that was, because when I was younger, it was like before the pharmaceuticals came out, before we had names for a lot of things. So like my dad and myself didn't necessarily know what we were dealing with,

(...)

but my dad did talk to me quite a bit(...) about what was happening, at least with his own self. And I would, I would get to watch it with him, like how depression affected my dad.

(...)

Didn't quite understand what it was, but we knew something was like we had limitations in a lot of ways. - Where's your dad?(...) - At different times, smoke a mirror one or two.(...) - I don't know really how to describe that. He's actually pretty responsible, I'd say, with his own mental health disabilities and substance, I guess, addiction. And I think he might've dabbled around a little bit with marijuana and when he was like, and stopped when he was 18, but not much else went on other than that. I remember he had mentioned to me when I was younger that he briefly dabbled with hallucinogens. And when that happened, it completely changed him permanently in a bad way. So that stuck with me. So what ended up happening is that I kind of already knew not to,(...) and I don't mess around with the stereotypical, like the bigger drugs,

(...)

but I never heard anything about marijuana though. I didn't hear anything about about that. So I was very naive about it. And so when I was introduced to it,

(...)

I had no idea what I was getting myself into. And I would imagine I, because when I first got into it, I was immediately like addicted. I went right into the chemical dependency. I went out of my way and above and beyond

(...)

to do it as much as possible.

(...)

No moderation as a lot of us in recovery, we don't do a lot of things in moderation. So yeah, it's just full force, like when I got all of it. And there wasn't any information out there back then that said anything bad about it. And so I bought into all the myths like anybody else probably would. - So what'd your father's depression look like? Was he staying home a lot? Was he suicidal? Was he drinking a lot?

(...)

- He mentioned suicide. It is important to note that for whatever reason with my upbringing, my dad,

(...)

there was some things that he had said to me. So suicide was like actually never an option when I was growing up. I just had, we had beliefs associated with it that that wasn't an option.

(...)

But yet that doesn't mean that we're not necessarily okay. Like how do you live when you're not living?

(...)

And so there was one time, like when I mentioned limitations, there was a time that I know like if we have depression,

(...)

not to work at night shift because sleep is of utmost importance with dealing with symptoms of depression. And there was a time when my dad ended up getting put on a graveyard shift. He was working out at like a power plant

(...)

and it almost killed him.

(...)

I think he was up for, I don't know, like two weeks. He couldn't sleep and it was a little scary,(...) but I wasn't quite all there either at the time. So I didn't really know what was going on. Like my dad, we probably, we canceled.

(...)

Like we didn't get to do a lot of activities a lot of the times, but I understood. Like he had limitations. I didn't take it personal as a kid. My mom was kind of like the mediator with us. She kind of had to deal with both of us in our own way. - You were suffering with depression too. - Oh yeah.

(...)

And since again, we didn't have like the verbiage or terminology associated with what was happening.(...) In fact, I had a recent conversation with my mom,(...) not long ago and she was telling me that I had a talk with my dad and I was talking to him about,

(...)

I think she said, I said that I was hearing voices, not like schizophrenia wise, but just, you know, like something's not right, like another part of me. And my dad had to talk with me and told me what to do and how to manage it and not to feed into it.

(...)

However, I didn't listen to him. I just,(...) I fed into it quite a bit.

(...)

I would describe, like depression

(...)

is a whole nother monster in a way in addition to addiction, like abusing substances.(...) I like to describe depression as something like,

(...)

like having a third arm, like literally, it's very awkward, it gets in the way sometimes.

(...)

And I don't think anybody in their right mind is really gonna wanna like try to cut that off because it'd probably be painful and it's awkward.

(...)

And I think there comes a time in life and even for my own self, just in this last year through a series of road trips and some journeys I went on,

(...)

I would say that I actually metaphorically severed that third arm and then I kinda had a phantom arm effect for a little while and that was awkward.

(...)

And then now I feel like it's not there anymore at all. Like I actually, I feel really good right now. Like I'm very balanced, I'm very present.

(...)

But I've been practicing and doing a lot of, I don't know, soul searching, grounding techniques, I mean all kinds of things, so. - How did marijuana help you deal with your depression?

(...)

Did it take away the symptoms?

(...)

- Deal with it, well it made me feel just a little bit better.

(...)

I mean obviously with depression I didn't feel

(...)

like the average normal, but I was just a little below that. So the marijuana was kinda like a fake.

(...)

I'm like oh, this is a little better. So I latched onto that like as much as I could. - It's pretty common for a lot of addicts and alcoholics we're medicating the symptoms. - Oh yeah. - Of what's really going on. - Yeah, I mean that's a good way to describe it. It is a way, it was a way of self-medicating because I didn't know what else,(...) you know.

(...)

So. - A lot of people think depression, they think the person's laying in the bed with the covers over their head, they can't come out. That's not necessarily true. Sounds like what you're describing.

(...)

So maybe elaborate just a little bit more on the type of depression you're just talking about. - I don't know the terminology,

(...)

cause there is different types of depression and whether it's situational, traumatic events,

(...)

accumulation of toxins in the body. Mine was like, I'd say I was born with it, like lacking chemicals in the brain.(...) So. - Serotonin.

(...)

- So it was kind of a from the get go.

(...)

So I think as a teenager,

(...)

it was just different. Everything was a little darker. Depression was this very subtle, I think.

(...)

I didn't necessarily get the extreme symptoms. It was more of feeling irritable for no reason

(...)

and no source of the problem.(...) Although I do kind of have a twofold on that. I'm also affected by the weather. I guess we will recall that seasonal affective disorder. So I have limitations on where I would or

would not choose to live.(...) Like I'm not gonna go kick it in Alaska or Portland, even though I would love to. - I've heard lighting helps a lot with that and vitamin D.

(...)

- Have you tried to do the lighting or vitamin D? - Yeah, it's kind of like some vitamin D with the hormones and then with the lighting.

(...)

Yeah, like to me, sunshine is a straight up drug.

(...)

Like when the winter hits and we have this inversion settling in,(...) I could just be crying, eyes watering for no reason.(...) And then I will do everything in my power to go up to,(...) to drive out of that and pop up into the, like I'll usually pop out of the clouds and then it's like sunshine.(...) I stop, everything stops and then I just, I feel instantly better.(...) So there's ways to manage that.

(...)

I will make a note though in regards to depression.

(...)

I think it was maybe three, four years ago,(...) I came across some information.

(...)

As per the record, I don't like reading, but I did read a book. - Yeah. - The depression cure. - Mm-hmm. - This was a game changer. The information in this book and what it suggests to do to treat like insomnia,(...) depression was,(...) it works so well that it kind of freaked me out. - Can you share what some of those tools were? - It talks a little bit about like a supplement a person can take.(...) - Vitamin? - Yeah, a vitamin. And I hadn't mentioned back in the day when I was in school and messing around with street weed and then I ended up getting some stuff that's laced.

(...)

And then I ended up, my mental health just completely catapulted, like it sped up fast forward.

(...)

And then my dad too was having a hard time and back in high school when they first came out with some of the medications for depression.

(...)

One of them, like the Well-Be-Trend saved my dad

(...)

and then I ended up getting on it. And so I had maybe like a nine month period where that saved my butt. It really like saved my life at the time. - Is this before recovery or after recovery?(...) - During. - During recovery. - I suppose, yeah. - Yeah, now we have some very safe medications. Yeah, addicts don't want them. If you had it sitting here, they wouldn't even start. - Of course. - It's a law. - Yeah. And that's I think part of the symptoms of having a mental health disability is that we're like, "Ah, rah, rah, rah, I don't wanna do this." - I know.

(...)

Denial of the disease.

(...)

- And it's the next time around I ended up, it was actually after I decided to stop

(...)

my wear and want to use altogether.

(...)

I fought it for a while. I didn't wanna have to go on wabi-tren again. And I probably stuck it out for about a year after my sobriety.

(...)

And then I ended up, I went on a wabi-tren again and it was like, it's like sucked me out of a hole. And I'm like, "Oh, this is what it feels like

(...)

to have the cobwebs removed and to see things a little clearer." So I helped for the time being while I kinda got stuff in order. Cause I was just white knuckling it and barely hanging on.

(...)

And so like with the use of me, things got pretty rough.

(...)

So when I, like the year up before I stopped and decided to stop and break it off with MJ,(...) (laughs) I probably went through about like 12, 13 different jobs. Couldn't keep a job to save my life.(...) My mental health was completely shot.

(...)

My immune system, I completely like shut down. So the physical health started to deteriorate with all the long-term effects

(...)

and really dysfunctional relationships that I was in. And- - This is dear recovery. - Towards the end when I decided to stop.(...) - What brought you into the program?(...) Was it the depression or was it the use of marijuana? What brought you into our 12 step program?(...) You know, like some people do. - Oh, you mean into recovery? - Yeah, what brought you into recovery? - The choose sobriety. - How did you hit a bottom? What happened?(...) - It's just, it was too painful, it was too much. I just knew that whatever I was doing, it wasn't working anymore and I needed to change it up. - Okay.

(...)

- So then I decided to stop. - Did you go into treatment or did you just go to a 12 step program? - Back then, ironically,(...) I had never heard of 12 step meetings. I didn't know anything about that back when I decided to stop.

(...)

I tried to get into treatment

(...)

and I remember there was one company I tried to go to and I was rudely denied and I didn't have insurance and I had no idea what to do.

(...)

And maybe I forgot to mention earlier, like nowadays I'm actually, I work as a drug and alcohol counselor. - Yeah.

(...)

- I have a bachelor's degree in psychology and in visual arts.

(...)

- Yeah, don't forget to discuss your work here. How did this get started? - Definitely.

(...)

Well, I've always been fascinated with psychology(...) and the arts and I've always wanted to kind of like get to know myself better and I've always kind of had a pull to work with people that suffer from mental health addiction.

(...)

So in my early recovery, when I decided to stop my use,

(...)

I really ended up learning about addiction and withdrawals and triggers and all the terminology by going into the profession of helping other people.(...) And then that in turn ended up helping me so I can understand what the heck was happening with me.

(...)

And then with that too, I ended up doing a lot of artwork.

(...)

Most of my artwork ended up coming about in sobriety time. So I was much more creative while sober. - You wanna share about those two pictures there? - I brought a couple.

(...)

These two are my favorite portraits.

(...)

I have, this one is my husband

(...)

and he's a huge, huge support for me.

(...)

And then this one here is my friend of mine that's in recovery that I met in the earlier time of my recovery.

(...)

So this is my husband Tim and this is a friend of mine named Jason(...) and this is his son Sebastian.

(...)

These two people were very huge influence and impact for me. Jason especially because I met him in early recovery and we're both kind of like adrenaline junkies. We both do quite a bit of stuff.

(...)

It is important to mention in my early recovery,

(...)

thank God for snowboarding

(...)

because it absolutely saved my life.(...) I literally replaced one addiction for the other. I-- - At least the positive one. - Yeah. And I've always been in the boarding. I do long boarding, skateboarding, snowboarding. And so when I met this friend of mine and he does a lot of like BMX biking and high risk sports(...) in spite of his injuries and accidents and struggling with his addiction and I just, I love that. It was like great. It's my age.

(...)

We're still going at it.(...) It's healthier avenue.(...) - Don't you two have a yoga class or something you're doing with that 12 step class?

(...)

- Well, if we're talking about a lot of the different healing modalities

(...)

for mind, body, spirit,

(...)

I'm a big holistic pusher.(...) I do a lot of somatic therapy, which is body and cognitive therapy because I don't think the cognitive is enough.

(...)

So I participate in and I host a group that's called Yoga 12 Step or actually Y12 Asar.

(...)

And I'm hosting one of the ones in Idaho.

(...)

I, you know, if we talk about like a lot of this stuff that helps keeps us grounded or that's worked really well for me and it's just unraveled all the issues and the tissues,(...) like literally and metaphorically, the Yoga 12 Step, the mindfulness, the breath work,

(...)

getting grounded to just be anything we do to just be present is powerful.

(...)

So I highly recommend a lot of the different grounding techniques. There's also like EFT tapping into it is extremely powerful one, EMDR,(...) hypnosis,

(...)

flotation tank.

(...)

- So you're mentioning these as a way to help with the symptoms. It's not the cure, but the symptoms. It helps us literally like, it's helped me to let go.

(...)

And I suppose it would be similar for folks that actually work through a 12 Step program and they have those aha moments. I mean, there's a lot of ways to get to those moments. - Yeah, I think those therapies help very a lot for those that have panic attacks too. You have panic attacks with your depression. - Back in the day I used to with the depression, but the grounding techniques work like a charm for that. - Do you think there was any serious trauma way, way back as a charm for you?

(...)

Or just having to deal with the father's depression? - I'll refer back to a friend of mine that's in one of these portraits.

(...)

One of the things that we both have in common aside from being a recovery,

(...)

and we're both an only child,

(...)

both of us also have a son.

(...)

His son turns two in December.

(...)

My son will be turning 18 on December 1st and I have not seen him since he was born.

(...)

Because,(...) and I would have met, so I'm a birth mother and then I relinquished my rights and decided to have an adoptive family raise my son. I don't know where he's at or, but I know he's doing okay. It's kind of like a partial open adoption.

(...)

So I get pictures every once in a while.

(...)

But yeah, this last year,

(...)

and maybe it's because he's turning 18 soon, I don't know.

(...)

My heart is just absolutely open and just bleeding with like love and compassion

(...)

and there's just been all these signs and omens and all these things that have happened in this last year that are just tripping me out. And a lot of it has a lot to do with my son.(...) And I really suspect that we'll probably end up

(...)

reuniting somehow, I don't know. That would be wonderful. - That would be wonderful. Yeah. I will mention, I was not that long ago when I chose to walk the work to pace myself, practice some patience,

(...)

instead of riding a bike or driving. As I was walking,(...) in fact, if I have it with me, I came across this coin.

(...)

And there's this speed up coin, it has a cross on it. And I'm not somebody that has a lot of

(...)

religious type stuff in the house or whatnot, but I came across this and for some reason,

(...)

it just made me think of my son. - That's awesome. - It's just weird stuff's been happening. I don't know.

(...)

So with my friend and I, we both, I know we have these journeys ahead of us where we're gonna be working on relationships,

(...)

rebuilding with, I guess, a lost loved one or because my friend is not allowed to see his son and I haven't seen mine,(...) but so many things can happen.

(...)

- Absolutely. And you know, I found a recovery, it's like an onion, more gets peeled off and more happens.(...) But today, you've got your artwork, you've got your friends and it's exciting to know what you're doing and how your recovery's coming and it's just, I'm excited for you.(...) You're a blessing. - It is exciting.

(...)

- Well, we're coming to an end now. Is there anything last real quick that you'd like to say? We only got a couple of minutes. - To the audience.

(...)

- Couple of minutes, I write a lot of letters to folks that are ex-clients and stuff that I love incarcerated and I love writing letters. I get a lot of folks talking about being ashamed and apologizing and why did I do this again? Why am I in this? And I keep thinking like, man, you know, we really make things so complicated sometimes.(...) And since we're human beings, it's like, I think the trick is, it's like, how to just be.

(...)

And I think for folks, if you wanna be ashamed, okay. If you wanna be numbed or maybe miss a moment and don't wanna be in it, that's fine too. Or maybe you wanna be a little curious, a little happy, a little uncomfortable, that's cool. Go for it. It's all good. - Great, all right. Well, thank you so much. - Thank you for inviting me. - And my brother's an artist too and it's a great way to tell the story too, what happened.(...) And that color orange tells me something.

(...)

Yeah, it's interesting. And if you're an artist, you know what the color orange stands for.

(...)

I wanted to mention quickly, I wanna thank those of you who have been viewing today for watching our show and I wanna thank my friends on Facebook for watching my show today. And for my little friend out there that just recently contacted me and said she relapsed, just know that the people in the program love you and are thinking about you and you're not alone and don't give up, okay. There's a website for sober artists. You just look them up, it's called Creativity and Recovery. And one book that I have read that has helped me tremendously and it's not just about art, it's about finding the creative person within you. Everyone has one. You may be an artist, you may find out later that you can really be great as an editor, which I have a friend here that is doing our shows for us. You could be a chef cooking. There's so much creativity out there and this book would help you a lot. It's called The Artist Way. And I don't care who you are or how far down the scale you've gone, how many times you've been in the program, don't give up. Stay with this one more day, okay. I've been cleaning sober for 35 years. It does get better.

(...)

And all I can share again and tell you is, this is a great example right here of what she's doing in her recovery and you're not alone. So don't give up, your miracle's on its way.

(...)

That's wonderful. - Give me a hug, thanks.

(...)

- I go by so fast, oh my God.

(...)

- Yeah, I like to head.

(...)

Share a lot more.

(...)

Too fast, that went too fast.

(...)

(soft music)

(...)

(soft music)

Episode 27:

(...) [Music]

(...)

Hello everyone, welcome to Time to Heal. We're here today to discuss relapse after long-term sobriety, the struggles of coming back after being in a 12-step program,

(...)

and how we can stop the cycle of relapse.

(...)

Today I brought on Bill. He's here to share his personal story and his struggle with alcoholism.(...) And we're here to discuss how we can help him to continue on his path of recovery.

(...)

Without falling into that morbid reflection, you know the guilt trap, when we say to ourselves, "What's the use? I may as well give up. I'm hopeless. Why keep trying?"

(...)

I heard this old pro-bird once. It said, "Fall down seven times, but stand up eight."

(...)

And Bill has done just that.(...) He has fallen off the program of recovery, but he has never given up.

(...)

He's never given up hope. He keeps coming back. He keeps trying.

(...)

So what I'm going to be doing is asking him today to share a little bit about his story. And I'm going to start off, Bill, by asking you first, tell us a little bit about what it was like for you growing up.

(...)

Okay. As a kid,(...) back when I was first coming up, one of the things was(...) status seemed to be something that was there. My father, being a convict,(...) one of the things I heard growing up was, "Well, your dad's a jailbird."(...) So I started out believing that my world was less than everybody else. Two pricks below everybody else. And having that attitude,(...) it kind of like reinforced the fact that I believe that we were less than. Does that make sense? Oh, yes. So if I'm less than, well, gee, I never have rights to stand young. Well, number one, getting a horn goes, "You're no good."(...) And so I would believe

that.(...) And as a kid, when you grow up with that attitude of not being able to be equal to the rest of the world,

(...)

it's not a matter of proving yourself. It's a matter of how do I function and still have something called life.

(...)

I've done a lot of years, and my experience is it's taken me a lot of years to realize that none of that matters. But at the time, and even as I'm growing up, I believe that. I mean,(...) how do you...

(...)

I don't even understand why I believe that. Does that make sense? Oh, yes. I mean,(...) why? That was my dad, not me. And yet, because you think, "Well, he's no good, and I'm no good." I come from a large family. I had seven sisters and four brothers.

(...)

So being the youngest one, or one of the younger ones, a second set of family, I guess is a good way of putting it, is you didn't get the window,(...) bucket of potatoes, went around the end of the table, you're at the very end, so you get the bottom of the barrel crew, well, it was ever left, it was yours.

(...)

And so you always got last place for everything. So were you raised just by your mother?

(...)

Like I say, my father spent, I would like to say, 16 years of my life, but I'm not sure, because I don't, you know, I mean... Spent what? A lot of my childhood in prison. So as far as a father figure,(...) or how to be a human being in the world, or how to get along with other people,(...) you figure out what's going on in your world, and I didn't have a clue. So your mother knew her remarried? No, she knew him. She, they got married, and she stayed with him. Matter of fact, we buried both of them next to each other, which is...

(...)

So your father would go to prison, your mother never remarried. It was the longest time he was in prison. I don't remember.

(...)

Well, for me, it was like when I can remember, you know, if I go back that far, well, I had to be a young kid, and dad was in jail, always either coming out of jail, or when I started the school, everybody seemed to know that my father was in jail, and we were always on something called welfare,(...) because that's the way mothers survived, or kept us going.

(...)

And it was always, and when my father was there,

(...)

then I would miss the first couple of months of school, because that's when the apple season,(...) and the harvest out there, and the fridge worked. So instead of going to school and getting an education, I was out there working in the field. So when I started in the school, I started getting an education,(...) I'm already two months behind everybody else, because I had... You follow? So I'm already starting less then, all the time.

(...)

First time I ever felt equal was when I joined the Marine Corps. And when did you join the Marine Corps? 1971. 1971? Yeah, I remember that. How long did you stay? 1074.(...) Four years.(...) Yeah, it would take a week.

(...)

Okay. Thank you for serving.(...) Yeah.

(...)

Just, I don't know, I think I joined to get the heck away from the family.

(...)

And it worked, because when I got in there,(...) everybody immediately put in exactly the same thing. Everybody's got the same haircut, and all the people you're with just trying to get away from their draw instructors and stuff at a time. The first time I ever felt something called equal. Nobody knew my background. Nobody had a clue. I could tell them anything. I could be a rock star, not a rock star. And which opened up, "Let's see."

(...)

That's when I started to,(...) I was in the Marine Corps two years before I realized I had something called a personality.

(...)

I have a personality. Whoa.

(...)

That's like an epiphany. And everybody else says, "Everybody's got a personality." But you don't, you know, when you're raised in other people's concepts, and how you're not going to fit in, no matter where you are, while you shut up and get in the hole.(...) And I didn't have to do that anymore.

(...)

And whatever I did was maybe not acceptable then, but at the time,(...) drugs and alcohol showed up, and I could do anything I wanted. What age did you think you were when you first started drinking? Oh, sixteen. Sixteen?(...) Because I was still a kid then, and had gotten away from my dad during the summer, and I went to work on a ranch in Emmett.

(...)

Actually, I was seventeen because I'm working out there on this ranch, and my uncle is,(...) I'm getting paid. That's the first time I ever bought a car.

(...)

The money that I got was mine. My father wasn't there. I see when I'm working,(...) during the summer months to go, you know, for school time, the money that I made didn't go to me. It went to them.

(...)

Everybody asks when they go to school, they get new clothes. I never have it. If you go to my closet now,(...) the clothes that I have in that closet, the clothes that I've had for ten years, because I'm going to buy new ones. Why? Because you see, these will get me through. Just like your childhood. Yeah, these will get me through. So you started drinking at seventeen? Nothing happened. I mean... Did you have blackouts or...? No. First of all, I didn't have enough money to get enough booze, and to me, it was like... I don't even know if I had any blackouts until I got into the service.(...) Okay. And did you drink a lot during the service? At the time I was in, they changed the rules since then, but when I was in, when you were on leave, you'd do what you want. Well, you always went in the buddy system, so when you was in the Marine Corps, you'd take a couple of guys with you.

(...)

First time I ever experienced a blackout,(...) which was a regret of mine, because there was a...(...) Apparently I'd drink something called "Cuddy Sorry," and I blacked out, and met a beautiful girl, and we had a great time, and my friends told me about it, and I blacked out and risked the whole thing. I'd been trying for twenty years to get her back. Never could, you know? Yeah. And I thought, man, I missed it all, you know? And the whole thing is, is...

(...)

That's where I thought my whole life was. When I finally get something good, it would disappear.(...) You know, you go out and you work a job now, and you get a job, you get a good car, you take care of it. For me,(...) when I was a young kid, my brother bought me a motorcycle.

(...)

Because my dad had written hot checks, well, the only way that they could cover the checks was to sell my stuff to fix his problem.(...) And that was my lot in life.(...) Any good that I did, because I'd bought my mom and dad three houses.

(...)

And they... Well, I was in the service. I was buying them houses.

(...)

My father never paid anything, because he didn't have to. I'm in the service during a wartime situation. Well, they can't come at you. So all the money I was paying was great, and he never had to pay rent for three years or four years, okay?(...) So during the service, the drinking wasn't really that bad. Wasn't a major issue. So when you got out of the service? Well, drinking wasn't a major issue, but I'd also found something called drugs. Oh. You see?

(...)

Marijuana. Hallucinogenic. Oh, LSD. Oh, yeah.(...) Child of the 16th, holding on. But the thing is, is...

(...)

That's what...

(...)

I don't know if that got me into the program. That got me into my first treatment program, because I was guarding weapons.

(...)

Big ones. And doing drugs and guarding these weapons was considered a bad idea. Yeah. So they thought maybe we'll get him into treatment. First treatment program. The Marine Corps did. The Marine Corps did.(...) And then they decided that maybe it'd be in their best interest to let me go.(...) And so I got out under an honorable... Not with an honorable, but a general under honorable condition. So you went to treatment, but you were unsuccessful. Yeah, see, because I went to treatment for drugs, but it was okay to drink alcohol.

(...)

You know what? I mean, which made perfect sense to me. So they discharged you because you would continue to use in drugs? Because I flipped out on the LSD,(...) it took at least two years while I was trying to get in. But you can bet I still tried to get in. And drinking was an acceptable way of getting high at the time.(...) It was more like when you have money, you drink. When you don't have money, you work.(...) Does that make sense? Yes, it does. And so trying to go to school or be something called normal,(...) you know, that's the way it works. I would go to school and I'm going to get educated.(...) I actually did. I actually completed and got a GED, found out. That's when I started to figure out how to do something called "read." It doesn't sound like it's that complicated, but when your whole time you're going through school, you didn't have time to read and write and actually figure out how a word is spelled. I still have trouble with it, but it's not as bad as back then.

(...)

Kids that they take that for granted don't realize that that happens to people. Reading and writing, deciphing and all that. I got a lot of words up here that,(...) because for me when I hear a word, I'd ask somebody what it meant. I couldn't lose that. So I'd lock it in there, you know, and I could hold on to what it meant. And that's how I learned how to speak or to articulate or, you know, all the fancy words. It sounded like I knew what I was doing.

(...)

The whole thing is, that's what you do. You don't ever,(...) for me, it didn't occur to me that by learning or getting an education that I was benefiting myself.(...) Why was I doing that? Because that was a thing to do. I didn't have a clue that it was part of life. That's what people do. They strive for protection, not protection.

(...)

Perfection, you know, try to be a better person. I didn't understand what's a better person, because I knew within, after so long, somebody was going to come in there and take all that. And that's just what was going to happen. You're just going to lose everything. So you got discharged from the Marines, and then what happened there? Did you get married?

(...)

Yeah, because that was what you're supposed to do. See, I was in the Marine Corps, got out, started to get my GED, and they have students that were,(...) what do you want to call them? Like a teacher's aide?(...) Well, obviously, one or two of them thought I was a pretty good guy. So I met one, and we had gotten,(...) not married, just involved living in the same house.(...) And she jumped up, and she's the one who actually called and got somebody to come over and talk to me about my drinking, because obviously it had become apparent that I was drinking a lot. Had you become violent? No, not by, just not there. When I'm drinking, I'm not there.

(...)

And so she tried to get me into a 12-step program, and I met some real interesting people there, which was okay. I'd started to learn about how these programs work.(...) How old were you at that time?

(...)

I'm going to say 24.

(...)

So, like they say, this is a spiritual program. And I said, okay. And they say, you're an alcoholic. And I said, well, I was a new one. I'd never been one of them. I could be an alcoholic. What is an alcoholic? The word "commain" comes to a sense. I was whatever I had to be to get through whatever game I was playing. So I can be an alcoholic, what I'd call me to. They drink while I fit. I can do that. I can be whatever that is. But you didn't feel it in your heart that you were an alcoholic. Well, I've been encased in my own world and still don't allow people in my world.

(...)

Is it fear?(...) No, because, like I say, as with my mom and dad, I bought them houses. My father said, do you have any receipts for all the money that you paid? And I said, no. He said, well, then you didn't do nothing for us. So, boom. So then when I did get married the last time,(...) my ex took me for about $100,000.(...) That's her. If she'd asked me for it, I'd give it to her. But she took it. So in my head, from the time that I can remember, I can tell even recent people are going to hurt you. Does that make sense?(...) So trusting infinite God didn't quite fit the bill. I've got to trust somebody. I've got to put my head on the block. It's been there for years and every time it gets cut off. Every time. Not once, but every time. So now I've got to trust somebody.(...) And yet something inside of me tells me that this is the way to do it.(...) You know, I go to places and I see somebody who's hurting.

(...)

I have no agenda about, well, I'll get their money. And when I tell them to have a good day and mean that, not looking for something, if I tell them to have a good day, then I'll get something. But to not get it.

(...)

These are epiphanies, you know, to actually care for somebody because it makes sense. Did you start to see that in the program, that people were caring about you and not wanting anything? No. I didn't feel that for a while. I read the books and I got all the information. The deal was, is it didn't apply to me.

(...)

Okay. Because you were kind of forced into it. Yeah, these are great. I don't know if the word is forced. How do you force? Not forced, but kind of, you didn't want to go on your own. They're a suggestion so I don't have to do anything. Okay. So tell me then, how did you, you went to the program and then what happened? Did you stay? Did you drink? Oh,(...) there was a guy named,(...) well, I'm going to give you his name.

(...)

He was a wild guy. Big, heavy set. Worked for the railroad. And he was what they called my sponsor.

(...)

And he's well chosen words to give my attention. Okay. And we would go back and forth to each other and he'd go, "It's five bucks. Go be drunk on me." So I would. Which would irritate him. No, you didn't want it. That's what he told me to do. And just blow up. I mean, he would fight for years. I love that man to this day. Because I've seen him years later. And the only thing he wanted from me was to not drink. And I've seen that 40 years later. It's amazing how that happens.

(...)

You said you got into the program in state silver for a while. Well, the leg had something to do with it. Yeah, tell us what happened. Well, I've gotten obviously another relapse because I've had,(...) I'm the king of relapse.

(...)

I would get like, because they say you get 30 days and you know, he's raised your hand. And when you get 30 days, you don't have to raise your hand. But I'd get 28 days. That way I wouldn't have to worry about it. I could just continue to raise my hand.

(...)

And what I was doing was I'd gotten drunk and I'm riding a motorcycle at night with no headlight.

(...)

60 miles an hour down the road, I hit a Jeep 60 miles an hour.(...) And at the time, all I did was mangle this leg up. It took five years and a bunch of surgery and they saved the leg.

(...)

And I lost a hearing in one ear, broke a collarbone and spent a lot of time trying to rebuild this body. After that accident, how long did it take you before you went back to drinking again? 20 years, or 18. Oh, you stayed sober after this accident?(...) Yeah. That woke you up. You said no more drinking. Right.(...) And that and the fact that I've done like years of trying to save a leg. I never lost the leg until after I went back out, which is kind of funny, isn't it? What do you mean? Explain. They cut it off. You were sober and then went back after 20 years? Yeah. Then lost your leg. Yeah, I was late. During the time you were sober, were you going to meetings? Had a sponsor working the steps? First couple of,(...) I'm going to say 11. It could be less than that. But I was going to meetings,(...) a lot of meetings, you know? And wasn't sponsoring anybody, wasn't doing steps. Somebody needed help. They needed to car fix that, fix that. They needed help. We had to go do this and just plan. Does that make sense? Because that's what I was doing.(...) And then I got back into college and tried to become educated again.

(...)

Met my wife. We got married. She got pregnant, so we got married.

(...)

I become a mechanic for a slaughterhouse, which is interesting because when you work for a slaughterhouse, if you know anything about them, things like guts,(...) feces,(...) any kind of swill you can think of, is there swimming and blood and stuff like that? That's the only place I ever felt clean. Am I blowing your way? It's the only place where everybody there,(...) you know, when you got in a world like them walking out of that plant, there were people that you'd walk in, they couldn't stand to be around because you had a smell.(...) I mean,(...) death was about you, so to speak. And yet, you go take a shower and you can wash some of that up, some of it you can't, you know? And that's the only place where I didn't have to compete for being the best. And excelled. Again, being accepted, being yourself. Didn't have to. I didn't have to be. It started way back as a child. Not feeling a part of. I didn't have to. That's interesting. Yeah, I'm the one. Did you do it? I excelled in it because I didn't have to be that.(...) Now, with the steps, did you work any of the steps? Did you do the fourth step? No, I did the first three steps. You never did a fourth step? Never did a fourth step. So it's all this time. Tell them again how long you've been coming to the program since 1973. Give or take a week. How long have you been sober now?

(...)

Well, I've obviously got into drugs, and so I try to figure it out because obviously, when I relapsed the last time, it was on some harder drugs, okay? So things like trying to remember times and stuff like that. Has it been a couple of months? It's been,(...) what I did is I got with my sponsor, and I said, "Okay." I said, "I have to pick it in. I'm not sure." I said, "I'm picking March 1st." She figured that out. That's 11 months. Oh, no, no, eight, nine months or something like that. Oh, so it's March. It's March. You haven't had anything. I like all my drugs. Right. Okay. And with your leg, you never got it hooked on any pain medications or anything? Yeah. Okay. So during this time, after the relapse, you were sober for a long time. So since then, which was how long ago was that?

(...)

I like that. I like that motorcycle July 23rd, 1983.

(...)

1983. Right. And so since 1983, you keep coming back-- 2003. 2003. Right. You've been coming back to the program?

(...)

No. No? That time frame, I did the first part, and then I went to work for a meat packing outfit.(...) That's meat packing outfit. I'm working about six, sometimes seven days a week, and I'm putting in 12 to 14 hours a day. You stand sober? Yeah. But you're not going to meetings? I'm going-- I'm going-- what I'm doing is I'm going to the plant,(...) building the plant, get up, go home, get some sleep,(...) clean up, go back to the plant.

(...)

We have a history of you drinking. Right. Stand sober. Have you come to the place where-- are you powerless over alcohol? Well, sure. I was powerless in 1973. I know, but are-- are you powerless over alcohol? I mean, do I feel that? Are you an alcoholic? Do I-- yes, I am.

(...)

The question you're trying to get at is, define powerlessness.

(...)

Okay. You see, for me-- We're going to come back. We got to wind down.

(...)

Because what I-- we're going to come back and we're going to talk more about this and what's causing you to keep relapsing.

(...)

You've tried to invoke a response to me. Phil, it wasn't your fault. That's part of making it uncomfortable. It's our responsibility, though, to work the program. But I don't allow pain to show up there. You just won't let it come up. It's about the little boy that hurt so bad because Dad was not there for him. I'm not going to deal with that guy.

Episode 28:

(...) And dad was in jail, always used to come out of jail. When I started this school, everybody seemed to know that my father was in jail. It wasn't a miracle. Two years before I realized I had something called a personality. Other people's concepts and how you're not going to fit in no matter where you are. What age do you think you were? You first started drinking? Ah, 16. Hallucinogenic. Oh, LSD. Oh, yeah. That got me into my first treatment program. The way I was doing drugs and guarding each weapons was considered a bad idea. It had become apparent that I was drinking a lot. They said, "You're an alcoholic. People are going to hurt you." It is five bucks. Go be drunk on me. I've gotten drugs.(...) And I'm riding a motorcycle at night with no headlights.

(...)

60 miles an hour down the road, I hit a gig 60 miles an hour. You were sober and then went back after 20 years. Are you powerless over alcohol? What do you mean, do I feel that? Are you an alcoholic? Define powerlessness.

(...)

Hello, everyone. Welcome to Time to Heal. We're back on part two of our show where we had Bill with us. And he was sharing with us his story of how he's been in and out of the program. The show again is we're talking about relapse after long time sobriety. And why is it that people keep going in and out of the program that go to meetings, they have a sponsor,(...) they work in the steps. What's the mystery? It's probably baffled a few of you. I have talked to my brother and he has many times, he's been cleanest over 39 years, a sponsor people that had 10 years, 20 years, and even one man that had almost 30 years that went back out. Also, I want to share with you, this is Brian.(...) Brian is my little friend here. Yeah, that's your name.(...) And he's here. He's the comforter in case my guest, Bill, gets emotional because I'm going to be asking you some tough questions today.

(...)

So let's start off, Bill, and the first question I have for you, during the last show, you shared with us the struggle you had as a child and how you never felt fit in because your father was in and out of prison and you didn't feel a part of society. Society?(...) Did kids actually come to you and say,(...) "I don't want to be around you or be your dad's?"

(...)

You know, people hurt even when they don't mean to.

(...)

An example would be there's a guy and this guy was always joking with him. In person, the guy that was receiving the jokes blew up. The guy said, "I don't know what's wrong with him. It was a joke."

(...)

You see, to him it was funny, but to the guy that was receiving it, it wasn't. Oh, Bill, many times people say, "Oh, I'm just joking. It's not funny." Yeah, and it's not funny. They're trying to be honest, actually. Yeah, well, you've got to realize it's called stuffing emotions.(...) Yeah, somebody just reached down there and ripped their heart out and you're going, "Oh, yeah, that was funny. Ha, ha, ha." And that's not what you're feeling at all. So it wasn't funny what they were saying to you. It hurt. And of course, you've got to also understand that some of that was my perception.

(...)

You're giving them an out? Well, no. Am I giving them an out? Or they talk about fears being real and imagined. With me, 90 percent of my fears never happened. They all happened up here. Yeah, but wait. Let's stay on one thing right here, Bill. Okay. What did it feel like when you were being rejected growing up and not having a father?

(...)

For me,(...) people have asked me, "What does it feel like?"

(...)

I didn't allow myself that luxury. And do you think maybe there's a connection? Could there be a connection? Just have an open mind for a minute, okay?(...) That because you stuffed those feelings, maybe that's why you keep relapsing? Sure.(...) I mean, that's...

(...)

You learned how to survive. Sure. You do that.(...) What happens is when you sober up, the first thing you do is you jump up and say, "Okay, Bill, you're no good piece of garbage. You will never be a good piece of garbage." Where did that message come from? First of all, you will medicate that. Well, where did the message come from? That you're no me? From my past experiences, maybe from what I believe is that somebody has two things. Learned likes and learned dislikes. You either learned to like something or you learned to dislike. Feelings hurt.

(...)

And for me, feelings do two things. They hurt you or you receive pleasure from them. You follow what I'm saying? But for me,(...) 90% of it was pain.

(...)

So if all I feel is pain, I'm going to medicate it. Of course. It was smart of you to learn to do that, too. Now, let's stop for a minute. I'm going to ask you the question again. What is your father? What was the message that your father said to you about you?

(...)

My father, when I would try to help him or try to love him, he'd say, "Well, you dummy, you didn't do it right this time." I mean,(...) variations of that through many years. But the message is the same. You'll never be

good enough.(...) And the kids at school, you weren't good enough? Or fathers? What about mom? What did mom say?

(...)

My mom didn't...(...) She always took a backseat to dad. Okay, so my mother tried to love you. My mother actually tried to show me how to play marbles as a kid.(...) But she's your mother, you're okay. So she wasn't emotionally available?

(...)

Well, obviously, she had issues of her own, didn't she?

(...)

And with seven other sisters and four brothers, taking time to pick out each one individual wasn't going to happen in the family that big. Right. That would be hard. He'd show love to all of you all the time. Well, how do you do that?

(...)

Feeding them all is an issue.(...) Okay? So things like, "Well, you're having a bad day. Let's stop and take 20 minutes." It's not going to happen. You don't have that kind of time. And I understand it. It doesn't change the way my perception got built.(...) So you come into the program with this background, feeling less than... Okay. A father that's never around. A mother that just doesn't get involved at all, and she's real busy with all these kids.

(...)

You go into the Marines. Now you found a place. You don't have to be anybody.(...) You're just accepted the way you are, and that's wonderful. But something must have been surfacing, so you started using drugs and alcohol.

(...)

Am I...

(...)

Does this sound like what happened? And then you started drinking again.

(...)

Drinking,(...) when you first look at it, it's called a social outlet.(...) When my father would have his brothers and people show up, what they would do was get booze, get in the car, drive in the countryside, drink beer, talk about the problems of the world. So I believe that's what you do. You drink to become... That way you can talk about how the world's...(...) Whatever garbage you're being a part of that deal. So for me, drinking was... You go in there, you get booze, you drink, you talk about how the world's... The way the world runs, or what I believe it to be. You see, I don't...

(...)

For me,(...) trying to understand what the world's really about,

(...)

I didn't come up with that blueprint.(...) I don't think anybody does. Everybody has their own perception. Everybody has... But the thing is, I'm trying to figure out how do I fit into this world. When I got sober for that 18 or 20 years, I had kids.

(...)

And my kids,(...) at this particular time, loved me with all their heart. Why? Because I said to myself, "You got kids, how do you raise kids?"

(...)

Because I didn't have a clue on how to love. I didn't know what love was or hate. All I knew was the kids needed to be fed.

(...)

And I was in their life not drinking. So I was in their life all the time.

(...)

And I never ever put my kids down for any reason. Why? Because I was always put down. I couldn't do that. When they say, "Do a four-step,"(...) which is the way you take an inventory, you say, "Who am I resentful or angry at?" Did you do that? No, because I didn't have the right to be angry at anybody. Where did you get that message? From...

(...)

You're less than. Why can't you be angry at your father? Why can't I be angry? Yeah, can you be now? No. Why not? Because I don't have the right to be angry. Who gave you that message? Me.

(...)

What's behind the anger, though? I don't know. I'll tell you what's behind that. Well, no, you'll give me your perception. You can't tell me that. Well, I'll give you my perception.

(...)

Ah, the plot thickens. There's pain.

(...)

Probably.

(...)

What's the pain? The pain is an area like you're trying to get into something. And what I don't do is I don't publicly deal with emotions.

(...)

When somebody cuts me off, instead of me jumping up and saying, "You just hurt me," as I get up and retract into me, what I do is what they say in my book is possible to educate you. That pause for me is a way to escape or what? I'm going to hand you Brian for a minute. I don't want Brian. Just for a minute. Just in case.

(...)

(laughs)(...) I hear what you're saying. So what you're saying is you learned how to stuff those feelings. Okay. Right.

(...)

Which makes sense, and I'm really glad you're doing that, or you may not be here today. We've got to get rid of that old stuffing feelings. It's not working for you, Billy. You've been in and out, in and out, in and out. You didn't do a four step. If you do a four step, you're going to write about the anger, which is the pain,(...) of being abandoned as a child, not feeling like you're good enough. All that's going to come up. And that's where we have to trust a higher power, that it's going to come up to heal you, Bill.(...) I understand what you're saying, and I agree with it. But am I going to do that?

(...)

How bad do you want recovery?

(...)

Recovery,(...) for me, I have experienced recovery for long term, and didn't do that. I did realize that's a fact. And that is, I don't blame anyone for that. But what I have learned in that time, is one of the things is, in a program that I'm in, one of the three pertinent ideas are, that God couldn't would if he were soft. So my pain, and the things that I feel inside, are between me, my God. And I take it to God, and I get a look at it. Each day when I do that, what I find, you see, shows me a way of dealing, and I don't have to blow it up, or go, well, this is what you see, when somebody tells me, this is what you're feeling, I shut them down like now. I'm set there, listen to them, and smile. But you can bet they are immediately the brick wall. They're there.(...) And it's not, I'm not trying to belittle them or put them in anyway, but what I will not do, is when somebody's taking, to me, that's a threat of aggression. Or I'm about to get hurt. So my defensive capabilities are just,(...) okay, just shut off whatever's there. It makes sense, Bill, because that was so painful, what you went through growing up, that you had to find some way.

(...)

And it's alive.(...) See, I'm very much aware of the fact that that's alive and well. For me,(...) some time ago,(...) I'd gotten put in jail for the wrong reason,

(...)

long story. And I was only there for like 20 minutes, time takes to bail out. But when I came out of the jail, what I experienced was something called hurt.

(...)

As I was walking out, I could feel the hurt. Now, I could have cried, okay? And I did feel that. But I couldn't, I could feel the pain and realized it was there for me to actually experience that feeling.(...) You blessed it. You was born,(...) and I did feel it. And I don't want to, the word is enjoyed it, you see, because it was an actual feeling.(...) For me to, I can love somebody with all my heart. But to allow them to get into my world can't happen. What's going to happen if they do?

(...)

Fear?

(...)

What's going to happen when they come into your world? How would I know? Didn't you mention in the last show that you lose everything? Yeah, I do. That's a fear. Sure. And is it real and does it exist?(...) Yeah. And I don't have a lot of time because of my age to where I can set around and have the luxury of trying to analyze it all.

(...)

We don't want to analyze, we want to feel. But what I do have is for me,(...) in my time frame, when I feel safe,(...) okay, you and me have history.(...) Not nearly enough. So do people that I talk to that are my crew friends, I guess. One guy, he doesn't drink, and I've known him 20 years.

(...)

And for me and him to actually sit down and knowing that I can tell him anything and not have a reprisal or anything like that. I've known him 20 years and I've only been able to do that for maybe six months.

(...)

Okay? Why? Because it takes my fear.(...) It's easier for me to not have the feelings

(...)

and to get through the life than it is for me to risk it. But you get close to it and then you drink again. No.(...) I get close to it. I run for it. What gets me to drink is when the reason after 18 or 20 years I went out to drink was because I did allow her and gave her all my money,(...) everything I had, all of it, okay? And when I seen that she had other agendas,(...) that hurt.(...) I understand that, that that hurt.(...) So she's still alive and alive. I did not kill her. I did not go down and blow her up. I even went with her on a trip to go see my son, okay? We got on the same plane. We stayed in the same hotel. And she's still alive. You see the connection though, Bill? You got hurt? Yeah.

(...)

I got hurt. But I didn't drink. No feelings? I didn't drink all that, did I? You didn't drink? No, I didn't drink all that when we went out and knowing that she hurt me, I allowed her to live.

(...)

You understand what I'm saying? Okay, so. The thing that the feelings that I want to feel,(...) that I want to feel, is because she took all that and she did hurt me. Yes, I want to get even,(...) have revenge and all that. I mean, that's what I'd be feeling. But that's not God's plan, is it? That's not what God wants me to do. God doesn't want me to kill her.

(...)

So even though she did do that hurting, I realized that God wants me to love her unconditionally. What I'm feeling is irrelevant. Even though I'm mad at her and stuff like that, I can't kill her. I can't do that. But what I can do is love her. And in loving her, I will learn to love me. The feelings are going to come and go. I'm going to be happy and joyous and free and all sorts of other things. And I'm going to hurt and I'm going to be afraid of it. But I still know that my higher power is showing me things at my pace, not yours, not Joe's L'Ucteles or whatever, at mine. And I still feel threatened. My defense mechanism shows up real quick. Yeah, you have a little baby going on right now. Oh, yeah. Since we started talking about feelings, you just started talking. So slow down for a minute. I can't do that.

(...)

I'm fine. See, I work in crisis all my life. Slow down just for a minute. I want to ask you another question.

(...)

Okay, so when are we going to make this leap of faith into the four step?

(...)

Or are we?(...) Am I involved in that? I have a sponsor. Has he mentioned it? Uh,(...) being in the Marine Corps, coming up to me and telling me this is where you should do things. It's kind of hard for him to do.(...) But the deal is, it's my deal.

(...)

And God's. I'm very much aware of the fact that I need to get into that four step. And I'm trying to do it.(...) Like I said, my issue is, I can't be angry at anybody. So how long before that builds up? And instead of killing people, I go out and drink. So you've got a lot of anger that you're afraid to, if it comes up, that you could hurt someone. It's like a little tight ball. Yeah, it's like it's ready to explode. If my emotions and everything are so wound up in such a tight ball that you risk blowing that or it'd be like an atom bomb. You know, I had that same feeling. It was like, if I let these feelings out, I felt like I would explode or something. It was like, and you're right, it took me until I was like 20 years sober. I spent,(...) oh, you don't want Brian? You don't need him for emotions? Okay, well, okay. All right, he's not feeling rejected. I'm good.

(...)

So there are some key things in the program, willingness. Williness is the key. What is it? How does the program work?(...) Honest?(...) Open-mindedness and willingness. So pray for the willing to be willing is what my sponsor used to tell me. Now, for my own history, I was in and out for four years. I had to do a four-step because it was missing. I knew there was something in there that I had to get rid of. And it's because we hold on to the guilt and the remorse. And it's important that we get rid of that stuff as soon as possible. People wait and wait. I don't know what they're waiting for. I remember they used to tell me, I would say, "When does it get better?" And they said, "Well, if you work the steps, it will get better." And it was like this hesitant, this fear that I was going to uncover something that I didn't think I was ready to deal with. But remember, your higher power isn't going to have you reveal it to you until you're ready. I was in the 30 years recovery when some terrible memories came back from my childhood. So he didn't have me deal with that in my first five years of recovery.(...) It was a long time to pray for the willingness.

(...)

Did you ever get down to the step nine? Did you ever start making the right-- Did I make a man's--?

(...)

For what?(...) For what? That comes out of the fourth step. Oh. Okay. The fourth step is we write down all our resentments. I know what the fourth step is. Okay, well, I'm sharing so that the people out there may not know. Right? You know about that. So are we resentful at Dad for going to prison and not being there for you? Okay.(...) Are we? Uh,(...) well, I'll have to think about that. I would say yes. I would be angry. Yeah. Well, Dad, why didn't you get your act together? You could have been home with me. Yeah.

(...)

Are we angry that Mom wouldn't back you up and be there for you?(...) Okay.

(...)

The wife. See, what I'm getting here now is,(...) I believe,(...) but you're trying to invoke a response from me. And when I--

(...)

Something's coming up. Sure. And when it does that,(...) the fencing mode shows up. Well, aren't you mad at your dad? You have the right to be mad at your dad. And you can tell people-- No, no. I was not talking about rights. I'm not talking about a right.(...) You know, your dad did the best he could, too. Okay. I'm not giving him an out.(...) I'm not. Okay. You know, my dad died from alcoholism when I was five years old. He did the best he could. Okay. It's about your dad being a good or a bad person. It's about the little boy that hurt so bad because dad was not there for him. Okay. I'm not going to deal with that guy.(...) You don't want to deal with that little boy that was hurting. Yeah. And why don't I deal with him? Yeah. Because-- Thanks for asking the question. Because you suggested it. Does that make sense? You see, it's like--

(...)

It's meaningful.

(...)

It's like--

(...)

It's too painful, Bill. I know how to build a thing when somebody-- And I know all the bell buttons and boos. But when-- And I could probably do it. But when I'm told to--

(...)

Bill, it wasn't your fault.(...) Yeah. And when you're telling me that, that's the part that makes me uncomfortable. You can walk up to me and call me a low-light piece of sh-- garbage and all that other thing. But I tell you one of the things you can't do. You start telling me you love me and you care about me. I'm out of here. Did you ever see the movie Good Will Hunting? Yeah. Remember he kept saying, "It's not your fault." Do you remember that scene? Did you identify? No. That scene when he said, "Leave me alone. I don't want to talk about this." Yeah. And then finally he broke down and started crying. Sure. See-- It wasn't your fault, Bill. Well, I'm watching a TV. Got something on the TV. You know, when a lot of people tell me it's not my fault. And I shut that off. But it isn't our fault. Remember, Bill, it's our responsibility, though, to work the program, to get well, to heal from this stuff. Some of it we have to take responsibility. I say at 12 years old we are kind of making our own choices. But before that, it had nothing to do with me. My childhood was not my fault. Now it's my responsibility to heal from it. Yeah. I've carried the garbage for 40 years type thing.

(...)

And so in your case, one other question I want to ask you, what are the thoughts that start happening before you take that first drink? Do you remember what was going on in your mind?

(...)

Well, like I say, is feelings start to become alive, okay? Or the ball that is so tightly routed up there starts to unravel.(...) So it needs some glue or lubricant or some way to back off from it for a minute or medicate it. That's the best way I can say it is. When it starts to and I'm... Because when the feelings show up, I don't have control of what's going to happen.

(...)

What's going to happen, Bill?

(...)

They're asking me a question that I don't have an answer to. What's going to happen? What do you think is going to happen? That's called a fear.(...) When you say... Are you going to cry? What's going to happen is a fear. But you're a Marine. Are you going to cry? A mine. What's wrong with that? Well, what's right with that? It's much of men don't cry, right? Don't show their feelings. Well, there's a lot of things like

that. The thing is, what's wrong with and what's right is about as irrelevant as... If it comes up and I need to,(...) then I will. Is it okay to cry, Bill? Not in public.(...) Alone.

(...)

In private, I...

(...)

Interesting.(...) In private, I take people apart and all sorts of stuff, but I don't allow pain to show up there. You just won't let it come up. Will not let it... It hurts too much. And I understand... I mean, you really got to understand that I do understand that. And I know that if I would let it go or give it away, that it...

(...)

God could and what if he were sad. And God could what? Fix me. Or heal. Heal you. That's another word now. And so he's going to let that pain come up when it's safe, Bill. Sure. I know that.

(...)

I had seven years of depression in my first seven years of recovery because I couldn't let the feelings come up either. It's too frightening. If I ever showed a feeling as a child, they would have killed me. I remember they used to say, "You want something to cry about? I'll give you something to cry about." So I learned very young not to feel any feelings, not to be angry, not to be sad. I remember the children are starving in China, so eat all your food. You know, all this abusive stuff. And if you hadn't been born, I would be okay. Those are the messages I got, Bill. And Bill, I shouldn't be here. I should be going, "Blah, blah, blah." My mother pulled all the hair out of the back of my head when I was five years old, beat me, left me in a pool of blood. I know the pain. I know the abandonment issues.(...) I do know. I believe you. Raped up until I was 13, kidnapped and raped, on and on and on.

(...)

Did it hurt?(...) Oh, God. You still dealing with it? Still dealing with it. Understand, I don't even want to go there. But alcohol is not in my life today. It's not a part of it. It's not okay to be a part of my life. Does that make sense? Sure. Because every time I drink, if I did, I'd be saying no to God.(...) We say yes to God when we go to meetings, when we call that sponsor, when we work the fourth step, we're saying yes to God, because those steps are meant to align us with God so that we can do His will, so we can feel the joy and the happiness that was taken from us as a child. He wants us to feel that. You know the child that runs and plays and cries and screams and has fun? He wants us to have that back. He only wants to give all the things that were taken away from you back.(...) But He needs our cooperation. He needs our willingness to trust somebody, like you said, it's hard to do. And I think the person I know who you're talking about as a sponsor is a really wonderful person you can trust that has walked his own pain in the cow and gotten on the other side. And I've walked a very painful path myself.

(...)

It has not been easy. But I have not done it alone. I have.

(...)

You have. Sure. And I still do. And you still do. And that's not me trying to say, well, see,

(...)

you keep talking about fears and stuff like that.(...) They talk about it, people having fronts and stuff like that. I'm always in a good mood and you've always got jokes and stuff like that. That's all front.

(...)

The real me is called Tweakersville, always looking out the window and all that sort of stuff. That's been me for so long that it's like an ingrained in the wood.

(...)

And understanding that that's what's blocking me out from the sunlight and the spirit.

(...)

So I have a lot of new concepts or ideas.

(...)

Anyway, for me,(...) it kicks. It'll do what it does.(...) I don't know whether I'm going to go with that or what will happen. Well, I call my sponsor when I've done the fest.

(...)

Probably not.(...) I'll probably go catch a meeting and go see some of my friends(...) or people at Queen's. And I don't know. I have one blank out yours, too.

(...)

I just want you to remember one thing, Bill. What you developed, the ability to not feel those feelings, is a good thing, smart thing.

(...)

You and me honor yourself for that.

(...)

But now you can trust God and just ask for the willingness and a prayer to help you let that go. You don't need it anymore.

(...)

Now what he'll do is he'll do it real slow. Because it's like a cast. I've always explained it like this. If you broke your leg, right,(...) and the great physician knows when to take the cast off,(...) if he took it off too soon, you might fall down, right?

(...)

He knows when the healing time is ready. So trust that. Say, "I'll trust you." You may go another five, ten years not feeling any emotions.

(...)

He'll protect you as long as you stay willing. The timing will be up to him. It's not going to be up to me or your sponsor. When he's going to pull away those guards or those safety things that you've hung on to. And it may never happen. You may have to drink again.

(...)

I don't know. I hope not. Oh, I don't think so. I hope not. I don't know. I don't know if I'm going to drink again. I could be drunk tonight. Well, I'm not drinking today. You know what I mean? I could say no to God and say this is too much and I'm not going to do it.(...) Forget it. It's too painful, right?

(...)

I want to end this today. Thank you so much. Aww. Let me give you a hug for coming here.(...) We're going to do this one day at a time, right?

(...)

I want to read this real quick. It's a quick little prayer that I've heard. It's actually like a statement. It says, "Our deepest fear is not that we're inadequate. Our deepest fear is that we're powerful beyond measure. It's our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous?

(...)

Actually, who are we you not to be? You are a child of God.

(...)

You plant small does not serve the world. There is nothing enlightened about shrinking so that other people could feel insecure around you.(...) We are all meant to shine as children.

(...)

We are born to manifest the glory of God within all of us. It's not just in some of us, it's in everyone.

(...)

And as we let our light shine, we unconsciously give other people permission to do the same.(...) As we are liberated from our own fears,(...) our presence automatically liberates others.

(...)

Move your ego out of the way and just, you know, realize that you can't do this alone. I don't do it alone. And give somebody a call right now. And remember, God's still in the business of miracles. So hang in there with me and Billy one more day because your miracle's on its way.

(...)

Hi, Billy. You are so special.

(...)

Oh, my, Bill. Not Billy, I'm sorry.(...) I love Billy, though. He's my friend, Billy. Okay.

(...)

Thank you. We done? We're done.

Episode 29:

(...) [Music] [Thunder] [Music]

(...)

I am an orphan on the time we push in my troubles

(...)

If you move my way I have no mother

(...)

No father, no sister,(...) no brother

(...)

I am an orphan,(...) I have had breakfasts Pure and golden but the ties don't get shipped I have not known them, I know mother

(...)

No father,(...) no sister,(...) no brother I am an orphan

(...)

But when He calls me I will be able to see my family at God's table I see my mother, my father,(...) my sister,(...) my brother

(...)

No more an orphan, no brother Blessed Savior,(...) please be willing to walk beside me Until I'm with Him, my mother,(...) my father,(...) my sister,(...) my brother

(...)

I am an orphan girl

(...)

Hello everyone, welcome to Time to Heal. My name is Pam Hemphill and I'm your host. Today we're doing a special show because this is the Christmas season and I have a special guest with me today, Blanca Mora, and you know she's going to be singing some songs for us. This is actually an angel from heaven. I'm telling you her voice is an angel from heaven. I want to speak to those out there right now. I know it's real hard for you. I know maybe you can't see your children right now. Maybe you don't have enough money. This is a time of the year. A lot of people go back out and drink or they commit suicide. And we want you to hang in there with us today and just give this thing one more day with us, okay? This

show is for you and we want you to know that God has a lot in store for you and He's never going to give you more than you can handle. So let's stay with this and we're going to be talking here with our friend and listen to her story and share with you what she has to say about how she's been able to maintain her recovery.

(...)

I'm so grateful that you came on today. What a blessing. You want to start off by sharing with us how did you discover your voice? How did you know you had a voice?

(...)

Well, I enjoyed singing throughout my childhood.(...) I thought that I wasn't really much better or any worse than anybody else. I was more interested in musical instruments.

(...)

And so I played clarinet and bass clarinet and dulba. And I learned how to breathe and I learned how to read music.

(...)

And a few years down the line I went to Bible college and it was during a chapel service that I was sitting in front of someone who heard me sing. And the next week I was leading worship for the chapel. And I was in rotation and then I would travel with the school's dramatine and sing at all sorts of different churches around the country. Did you struggle with yourself, words at all, about your singing?

(...)

I don't think I did.(...) I felt like I had a lot of room to grow,(...) stumbling upon that gift because my confidence was always in musical instruments.

(...)

And so even if I was kind of hit and miss, I just kind of had it in my head where this isn't even the thing I'm good at. So if you think I'm good at this, I'm glad I... I always felt like I was fooling people because I was like, "That's not really what I'm good at. I'm good at playing woodwinds." So for me it was kind of a bonus.

(...)

And singing and doing any kind of woodwinds, brass, anything isn't something that you necessarily put together with vocals. And I kind of just... I felt along the expectations where,(...) at least in my generation when I was a teen,

(...)

if a singer's saying that's what they did unless they had a guitar and I didn't have any practice with that kind of percussion. And so I just got used to the microphone.

(...)

People over the years would try to get me to do tambourine or something ridiculous. It's like, "Well, singers just have a mic, have a tambourine and do something."

(...)

And I'm somebody that...(...) it's just my voice. I don't have the best stage presence.

(...)

I communicate and I think if nothing else, I communicate my life experience where...

(...)

I think I communicate a lot about my life experience through the material I choose. And I was a bit stubborn about it for years when I would do the gospel. I would be an assistant. I haven't lived through that yet. So I refused to sing this song. And looking back on it, that's neither here nor there. How were your mom and dad like growing up?

(...)

Well, they were an immigrant family. And did they encourage you to sing? Did they like you to sing?

(...)

You know, we just kind of had... My father worked extreme hours and there was four of us kids.

(...)

So as long as we were out of her hair,

(...)

they didn't really go to concerts or anything like that. What do you mean out of your hair?(...) Just the noise of four children playing and clamoring.

(...)

And whenever I was working on music, I would just lock myself in my room and just practice for hours on end. And my siblings are very gifted artists.(...) They all have some sort of drawing, painting skills. So you felt abandoned by your parents?

(...)

Mostly I just wanted to escape. Why did you want to escape?

(...)

Through my father's exhaustion with his work schedule,

(...)

my mother had mental illness and she's refused treatment for it.(...) So it was very difficult and it was the variety with paranoid schizophrenia.

(...)

So she could sit down and the TV would be off and she would be seeing frightening things and she would vocalize it. And so there was always a desire to escape, to create my own sense of reality.(...) To go into the room and sing and which part of that? Going in the room,(...) going in my room and playing my instruments or playing music loud.

(...)

If you could be out of your mom's way, mom, you okay? Well, I just wouldn't have to hear it. So especially the power to make sound. Do you remember how that little girl felt?

(...)

Um, oh that's too much for me to go into.(...) Yeah, I am. But that's just... She heard? Yeah, yeah, that was really difficult. It was really difficult.

(...)

Did you find drugs or alcohol during that time? No. When did you start drinking? Did you use drugs at a running show? No. Yours was alcohol. Yeah, mine was alcohol. When did you start drinking? It was after a divorce.

(...)

Not during the teenage. No, no. No, I had several suicide attempts and I would try to overdose on the medication that my mother refused to take. And so I said to myself, if she is not going to take this medication to solve it, then I'll take it all at once and solve it for all time. Aww.

(...)

And so that was really hard, you know. And there was...

(...)

For me,(...) my family didn't understand, you know, my mother never got the treatment. She got the diagnosis for the paranoid schizophrenia, but always refused treatment.

(...)

And I had several suicide attempts until I was 14

(...)

and I was introduced to spiritual life.

(...)

And God was introduced to the picture.

(...)

Now,(...) from that point on,

(...)

decades would go by and I would not try to take my own life. Just because I heard a minister at a YMCA camp say that if the same power that created the universe

(...)

would shed tears over you hurting,(...) why would you want to break God's heart like that? God saved my life too. I went through the same thing as you, you know. Five years old, my mother pulled my hair out of the back of my head. She had a lot of mental health problems too.

(...)

And identify with you with the God thing. We wouldn't be here without God. I wouldn't be here. And that got me part of the way. It got me to the point where I wasn't blatantly trying to hurt myself.

(...)

But I had no solution or would not submit to a solution that did something about the radical ups and downs. You didn't know what was wrong with your mom and I'm sure Barbie took it on like it was your fault.

(...)

Why else would you like committing suicide? What would that do for your mother? Yeah, I was angry. It was my own former rebellion. Oh, okay. That makes sense. It was my own former rebellion and lashing out was, you know, they can't do anything if I'm hurting myself.

(...)

And I was surrounded by some pretty good kids. So, you know,(...) my parents were more concerned about me leaving their type of faith that I found God in a different church than them.(...) And that was really, that was really damaging, you know, and it caused some family riffs with extended family as well.(...) And they were convinced that, you know, I got involved in some really mainstream stuff. But for my family, it was my extended family. It was a really trying time, you know, that I would pick up and, you know, I didn't rebel and do drugs. I rebelled and went to a Bible college that was not related to the faith

that I grew up with. And that was taken as more rebellion than it actually, you know, I look back on it. It's like, you know, I had, I found purpose in my life in serving others.

(...)

And somewhere along the lines, up until that point,

(...)

I found purpose in communication,(...) communicating what I felt God's heart was towards me through singing.

(...)

And I think I would have always, I was built, I have humor in my DNA. But I think I developed a really sharp wit where, you know, it just kind of, you know, there's a lot of bittersweet with humor.

(...)

The humor probably saved you. It was for a long time.

(...)

Kind of like our little friend just took his life,(...) Robin Williams.

(...)

I don't know. I don't know that it's okay, but sometimes it's not even hiding behind it. There's say there, there, there is a, there, there is a gentleness behind even some of the crudest humor where you're able to express that you're in pain, but that you're trying to pull some joy out of it. That's an excellent way of saying it. And I think that's, that's a lot of it, you know, you could, to be able to take something painful and to laugh about it. A horrible skill.(...) A positive one. A positive one. But it was, it was after a divorce that I really... You have to tell us a little bit, but you started drinking later then. Yeah. Found alcohol. Yeah, I found alcohol. Did you know right away you had a problem with alcohol? Did it gradually get worse?

(...)

I did not know that I had a problem because for a while I just felt like I was sowing wild oats that I had never sown because I had devoted a lot of my life to God. And so I, I really just thought just like, oh, I'm just sowing my wild oats for a while, you know, and I'll snap out of it. And, um,(...) but it took a few years of that for me to reel. It wasn't until I tried to stop that I realized that this wasn't a sowing wild oats anymore.

(...)

My body chemistry changed. Did you have lockouts? Yes. Deep eyes or anything like that? No legal problems. But, but, but the blackouts, yeah, just constant,(...) constant. And, and whereas I share that, um, from the time I was 14 on, I had not tried to take my own life.

(...)

During the blackouts, there were suicide attempts.

(...)

And I would only remember being quick-witted and loosened up to sing at a gig or something.(...) And what I wouldn't remember is the part afterwards where I was at home and trying to take my own life.

(...)

And so when some people say to drink is to die, it might be some side context. But with me actually to drink is to die because I didn't, you know, if, if drinking were a skill, you don't pick up that as a social skill.

(...)

Uh, at church, I didn't necessarily get taught that it was evil. But I remember my minister saying that, uh, one out of 10 people have the capability of becoming an alcoholic.(...) So if there were a room full of poisonous snakes and someone were to tell you, there's a one in 10 chance that you're going to get bit by a snake and die. Would you take that chance?(...) And, um,(...) and that was enough to keep me away from it. And, and I was just going through such a deep,(...) painful time in my life that I, you know, I, I took to it. And, and honestly,(...) as soon as I picked it up, it was there, there was, I hear a lot of people share that there's this in between time, the fun time.

(...)

I started from the get go blacks just got worse. Yeah, it was just black out from day one. You just celebrated. I celebrated a year in October. That is a miracle.(...) You're not feeling suicidal since no, I'm not.(...) No, you're dealing with the pain.

(...)

I do.(...) And it's, it's taken a lot of different resources. It's, you know, for me, it's involved the treatment and working in a 12 step program.

(...)

And, um,(...) where I had the outlets before, uh, music and humor, I've had to pick up the additional skill of just, just flat out asking for help. And I'm somebody who is so comical that, uh,(...) I could sarcastically say just like, I'm dying out here. Oh, you know, and, and, um, so you're opening up, you're letting people know. I'm letting people know in, in letting people, letting people in on it from the get go.

(...)

Hold on a minute. We're going to look at one of the songs you've been singing and we're going to come back that you and your friend, Brian, Brian Palmer.

(...)

[singing]

(...)

[singing]

(...)

Would you be willing to come back and do part two with me? I would. And do some more because we want to play your songs and make sure that all of your music's heard. Yes. So I want to hear more of your story. But before we, uh, wind down because, God, you know, I just want to tell you, your songs touch my heart. I mean, really touch my heart like I could feel the presence of God. And I mean that from all my heart. So you've got to go on and become well known. The world needs to hear your voice.(...) So, but what would you like to say to the women out there that are struggling and suffering like you? Well, I go and volunteer Saturday mornings at a local rehab.(...) And, uh, what I would like to share with women and struggling is that there are women who are here to support you.

(...)

Whether in the place of worship or in the 12 step groups, that there are people there for you and not against you.(...) And it's very difficult. In my life, I could easily make the excuse that the main female in my life was a very frightened person. And I was raised with a belief that women were competition or people that were about to smash you.

(...)

And, but it's, it's been through fighting a spiritual solution and working in a 12 step program where I've gone from feeling fear and competition to wanting to pull up as many women as possible and to get them at the point where they're at the rehab and say,(...) make some women friends reach out. Please try. That's beautiful. That's true. As I say, the women will say here and the men will pat it. Thank you so much. Thank you.(...) And stay with us, you know, one more day as we do this thing together because your miracle is on its way.

(...)

Christmas is here today.

(...)

Christmas.

(...)

Oh,

(...)

Here we are in the olden days,(...) happy golden days of yore.

(...)

We are the people,(...) friends who are near to us,(...) Gave her near to us once more.

(...)

Through the heat we all will be together.

(...)

With the fate of love,

(...)

High a shining star above the highest bow.

(...)

And have yourself a merry little Christmas now.

(...)

[music]

(...)

Here we are in the olden days,(...) happy olden days Of yore. Faithful friends who are near to us, Gave her near to us once more.

(...)

Through the years we all will be together.

(...)

With the fate of love,

(...)

High a shining star above the highest bow.

(...)

And have yourself a merry little Christmas now.

Episode 30:

(...) [MUSIC]

(...)

Hello everyone, thank you for joining us on Time to Heal today. Today our guests are from the Boise Police Department. We're here to honor them and the work that they do to keep our community safe.(...) And also to talk about the unique services that they offer, including how they work to keep themselves safe and healthy in a job to fulfill the unique stresses that they face. So today we have with us Nikki Flock, and she's gonna share with us about her position here. She works with the Boise Police Department in the Victim Witness Unit. Hi Pam, thank you for having me. Thank you for coming, I appreciate this. Of course. Let's start off, I'd like to ask you, tell us a little bit about the Victim Witness Unit, what is that? So we're a unit comprised of five women who respond out on crisis calls. We respond out on homicides, suicides,(...) child abuse, sexual abuse, rape,(...) death notifications.(...) Anything where we have people who are victims, we respond out and try to help with crisis intervention, trying to help get people stabilized so that we're able to move forward through that process. And how would they know about your unit?

(...)

Well, usually what happens is when patrol responds out on a case,(...) if they identify victims that are needing to have further services, they will activate someone from our Victim Witness Unit. And so we respond out and we work with them throughout the entirety of the process, the investigation and also the criminal justice piece. So if they've been a victim, save, rape, or some other type of crime, and they don't wanna go to the police department, they're right away, can they contact you?

(...)

They can,(...) typically what we do though is, number one, we wanna make sure that people in the community are safe.(...) And that they're healthy and have the resources that they need. If they decide that they do not want to report a rape, we can help them to identify resources in the community for mental health, but also for physical health. Okay, I have another question for you.

(...)

How long do you have to work with a victim?

(...)

You know, sometimes we work with victims for an hour. Sometimes we work with them for years. It depends on the case.(...) Certainly if a case becomes a criminal case where we work through the criminal justice process,(...) we follow our victims through pretrial and jury trials and sentencing, even onto the parole board and the parole hearings. So you're acting like an advocate, give me a little more explanation. What is the role? What is the act? They come in, they meet with you, or is it a counselor they're meeting with?(...) You know, we're not trained counselors.

(...)

We are more about the crisis intervention and getting them to a point where they're stabilized so that they can go get the counseling and get the other resources.

(...)

Our role though is to help our victims through the entire process. And what I mean by that is helping them to talk with patrol, talk with detectives.

(...)

Move forward with the process. Talk with prosecutors who are handling their cases.(...) Help them to tell detectives and prosecutors what they want. They may not want to move forward with a criminal case, and that's okay in some circumstances.

(...)

But we want to make sure at the end of the day that they're safe and they have the resources that they need.

(...)

That is wonderful.(...) I didn't even know all this. I have another question for you. What kind of training do the victim witness personnel need to have to do this position? Typically when we're looking at hiring a victim witness coordinator, we're looking at them having at least a bachelor's degree in some sort of social sciences field, psychology,(...) social work, something along those lines.(...) But what is more important to me is that they understand crisis intervention.(...) They understand when they get into a situation where there are a lot of emotions and in essence a life or death situation.(...) That they're able to slow things down and help those victims to find safety for them physically as well as emotionally. When you say safety, what do you mean by safety? I mean a safe location. I mean that their person is safe, not only physically, but emotionally. We want to make sure that they are not in a situation where they're going to hurt themselves, or hurt anybody else. We want to make sure that physically they're safe so that they aren't hurt. That's wonderful.

(...)

How do you keep yourself healthy? As a counselor myself, I've had clients that have shared a lot of painful things with me and I try not to get too enmeshed with that. Cuz it's very hard to know what they're going through. What do you do to keep yourself healthy?

(...)

I think we've got a unit of five victim witness coordinators. We all have a trauma bond with each other.(...) Certainly we rely on each other and we come back to the office and we talk about what's happened and we kind of process through that as a level of camaraderie.

(...)

I have a routine that I do at the end of my day when I take my badge off.

(...)

At the end of the day, my rule is I'm not thinking about work. I'm focusing on what I need to do at home with my kids and my husband.

(...)

And it's a separate life as much as I can make it. Certainly there are those times when I may have a really tough case that intrudes on my personal life.

(...)

And when that time comes, I recognize it, I identify it. And if I need to, I seek out my own counseling.(...) I take a break from work.

(...)

I do those things that take care of me so that I can take care of others. You know, I'd heard that in my own recovery. My sponsor had said, "Give to the job what belongs to the job."

(...)

And give to the family what belongs to the family. Absolutely. It takes a little while to learn how to do that. It's important.

(...)

How did you get started in this type of work? What was your draw to be involved in helping people in this way? I feel strongly that we need to be helping people. We've got to be a healthy community. I started my career as a preschool teacher. Preschool. Preschool. And if we don't have healthy families and healthy kids,(...) things seem to not go so well for the rest of the community.

(...)

And as I worked through that career, I went into social work and wanted to get into the helping profession more. I wanted to try to do work that maybe has prevented me, meaning helping people and stopping things from happening. And I think as a victim witness coordinator, although I'm reactionary in that I'm activated what something has happened, part of my goal as a victim witness coordinator is to help victims to not be re-victimized and to work through that process. Do you know how this unit actually got started?

(...)

Who came up with this idea? Well, it actually started probably 20 plus years ago and it's an item of statute that requires that the victims of crime have certain rights throughout the criminal justice process.(...) So that is part of where we come from.

(...)

But I think certainly there is a whole piece to victimization that happens before you get to the criminal justice process.(...) And a lot of our criminal cases don't necessarily

(...)

get prosecuted, but we still have victims who need help and who need resources to get healthy. You know, I mentioned to you earlier that we had done a show on men that have been victimized by women.(...) And do you see that? Do you have men coming in that are needing your services? Oh, absolutely. We do. Yeah. We see men that are victims of domestic violence and we see women that are victims of domestic violence. Domestic violence doesn't pick and choose a socioeconomic status or a certain address or location. It's across the board. And all the cases you see as far as victims, what would be the majority of homicide,(...) domestic violence? You know, within our unit, we each have a specialty that kind of has drawn us. In my particular instance, I work a lot of cases that involve children. Children with sexual abuse, children with physical abuse, and neglect.

(...)

And that's because part of my work before was in child protection, so I understand the system.

(...)

We have other victim witness coordinators who work with the elderly and the vulnerable population.(...) We have a victim witness coordinator who specializes in human trafficking and working with those victims. We have a victim who works with the LGBT community and is really a voice for them as well. So we have different areas of specialty.(...) I think if you're asking what is our main focus, I think we see a lot of domestic violence. But along with that domestic violence, we see how that reaches the whole family and we see the child abuse that comes from that as well.(...) It's wonderful to know that each, well, the crime, you know, the child abuse or domestic, that you have a unit for each one. So they specialize and they know right where the resources are in the community. Because I'd had cases that I had to figure out different things they needed for everything. That's wonderful. Well, not only that, but we also, there's a victim witness unit within the prosecutor's office and within the sheriff's department. And so we meet on a monthly basis and we share resources. We try to come up with better ways to handle things,(...) you know, system improvements

(...)

and advocating for victims. In the community, what have you found to be the most frustrating that's not available for these victims?(...) You know, I think sometimes we struggle with having enough shelter for victims.(...) Not necessarily homeless shelters, but safe shelters.

(...)

Sometimes we have an influx of domestic violence and we maybe don't have enough beds for those families and those victims.(...) And so that's a struggle. We have a struggle with working and identifying enough resources for human trafficking victims and understanding the victimology in those cases. If you were, you know, speaking of the community right now, what's the need? What can they do to help you?(...) Well, I think always identifying further resources. I think

(...)

in some cases we have families who are dealing with domestic violence and victims who need to go to shelters. But they don't want to go to the shelter because it means that maybe their dog or their cat has to go to the pound.(...) And while some of us may think it's very simple to take care of that, that pet is part of their family. And so in essence we need shelters for animals. So could they contact you and say, "Hey, I'll be a foster parent for an animal?" You know, that would be a possibility. Certainly, I know that sometimes we outreach to the churches to try to identify(...) whether or not they could help with animals or with alternate resources that people do need. I was a foster parent for dogs once.(...) Anything else we're coming here to a close that you would like to share to the community about your unit? Certainly, I think it is important for everybody to understand if you're a victim of crime, please don't be afraid to come in and report. We're here to help and even if you don't want to move forward with the criminal justice process,

(...)

we can help to identify resources in the community that potentially can help you. You know, the idea is to get the resources to get back on your feet and to be a productive member of society.(...) Absolutely. Oh, what a blessing that you came. Thank you. I really appreciate this. Thank you for the opportunity. Yes, thank you. And we'll be right back with another guest from the Boise Police Department.

(...)

[Music] Welcome back to Time to Heal.(...) We're back here with another guest from the Boise Police Department. My name is Ron Weinegger and I'm a captain with the police department in the community outreach division. Thank you for coming here today to share with us about your department. Can you start off by telling us what's so unique about your unit, your department? Well, our division, the community outreach division encompasses several different units within the department and it basically deals with a lot of the units that don't fall into the traditional policing, policing role, if you will. We have everything from our mountain bike patrol officers to our motorcycle officers,(...) neighborhood contact officers, the community policing aspect of our department, Boise State University. We provide police services for the campus and those types of things all fall within the community outreach division.(...) In the other part of your unit, you said you have a peer support. Well, actually, yes, I'm one of the coordinators of our peer support team, which is department-wide, but we have a peer support team that provides services to officers regardless of their position or their assignment within the department. Just a personal question, what motivated you to even become a police officer? What was the(...) was this a little boy or? I think like most people who are drawn to this line of work,(...) most people who enter this job have a desire to help, a desire to see justice done and fairness in things, but really a desire to help other people and make our community a better place to live. And so definitely that was something that drove me to want to become a police officer. I certainly admired those that I saw in the community, police officers. I remember I grew up in Oregon and Oregon State Trooper came to my school when I was very young and I just looked at him and thought, that's really cool. I have a brother, an older brother who's a police officer as well and so certainly was drawn a little bit by that. Oh, that's wonderful. I worked as a police dispatcher once. I wanted to be a police officer too, but I had a dream. I couldn't pull the gun, so I had to change my mind on that. I have another question for you. In your line of work, you know, I have the stress that you go through.(...) How do you keep from taking that home? What happens, I mean, once you get off work? What do you do? That's a great question and I think every officer handles it a little bit differently. Everybody has their own way of dealing with stress. I guess we all do, regardless of our occupations. There's stress in every job that I can think of. I can't think of a stress-free job out there, but there are some unique stresses in law enforcement that most people don't have to deal with. Obviously, the thought at any given time where someone may intend to harm or kill you, that's not something that goes along with most occupations.

Yeah. And the other things are is that you're dealing with people in crisis on a regular basis. As our chief often says, we're dealing with people when they're the the maddest, the saddest, and the baddest. All of emotions. Exactly. So people don't generally have a party and remember to call the local police officer and invite them to it. It's more when when you're in a domestic violence situation, when there's a crisis going on in your life, whatever the case may be, emotions are running high and officers are called to try and put some order to the chaos and solve some problems. So that can be a stressful thing that ordinarily, I guess, you don't encounter in everyday life or in most other jobs. So officers have to learn to deal with that stress. And when they go off shift, when they go home, we have officers working around the clock and all days of the year, regardless of whether it's a weekend or a night or a holiday, we have officers on. And so they have to be able to kind of unplug and unwind and reset themselves to the point where they're ready to go out and tackle it all again the next day or the next night. So we encourage certainly good hobbies, things to do to take your mind off from work and the things that you deal with physical exercise, diets important, all of those things that they apply to everybody, but especially to the officers who deal with these kind of unique stressors in their lives. What about the officers that we know some of them do have some alcohol problems because they've used alcohol. Sure. I think like anybody else, police officers are susceptible to all of the same things that other people are. And that includes alcohol and drug issues.(...) Certainly there are those who turn to that as a way to relieve stress. And certainly that's not a healthy way to go. And it's not something we encourage. In fact, it can definitely have a bigger effect maybe on us than some other jobs out there. And so we have a peer support team that we created several years ago in an effort to help officers learn how to manage stress and better deal with those things. And we also recognize that there are situations where officers have gotten involved with substance abuse, whether it be prescription medications or alcohol.

(...)

Hopefully we don't have a lot of illegal drugs going on. I certainly haven't encountered that, but those things are out there and they are within our department and probably within every department out there. And so we created a peer support team to deal with that as well as many other issues related to stress and stress management. You know, I'm so glad to hear that because it always felt like it was unfair just because they're a police officer. And if they do have a substance abuse problem, they either got, I thought, are they fired or looked down on? And it didn't ever feel like it was appropriate. They need help too. Sure. And to know that that's what's happening in your department. If they do reach out, they've got you to turn to. Yes. And you know, you look in the just look around in the country and even locally in the news there, there are times when police officers lives are in crisis as well. Yes. And sometimes, unfortunately, the choices that we all make end up with pretty serious and severe consequences. We have officers who have lost their jobs and lost their livelihoods in their careers based on the choices they've made. But we believe that our peer support team has been very effective and has given us a way to help officers who need it, who want it, and who turn to us for help.(...) Some of those stresses that we encounter are a little bit unique, like I said before.(...) And if they are experiencing those stresses that are unique, sometimes there's not really anybody that they can share that with or contact that understands it. Much like the military personnel coming home from overseas who have served in Afghanistan and Iraq and other places in the world where they have seen and experienced some horrific things. I don't want to compare our service to that because they're very different. But much the way those folks come home, they find a population of people back here at home that don't necessarily understand and don't know what they've been through. And so it's hard for them. And the best thing they've found for those veterans coming back is to be able to connect with other veterans who have been there and who understand those stresses. We find the same thing in law enforcement.(...) Sometimes an officer just needs to talk to another person who's been there and experience that,(...) the types of things that they have experienced,

the domestic violence, the child abuse,(...) the internet crimes against children, the child pornography. A lot of different things that we encounter, including violence

(...)

and quite often death,(...) tragic car crashes and violent crimes that we get exposed to. And we see things that I think human nature is not meant to see. And so there are just opportunities where we can rely on each other. We can talk to a peer who's been there and done that.(...) And it seems to help.(...) In many cases, I think it's saved a career or enabled an officer to turn to some more healthy choices to deal with stress than maybe the ones we've been talking about, alcohol and drug use.

(...)

And you know,(...) listen to the news, like you said, and just I'm not an officer. I'm not seeing it, just hearing it. It's so hard on my heart sometimes.(...) Imagine what you go through. You got to see it here about all the time. Get a break from it. Sure. And you know, the officers that are out there every day doing the work and responding to those calls for service, they have a unique kind of stress in their lives. And the stresses change a little bit as you go through the administrative ladder, if you will, working as a lieutenant and now as a captain in the police department. I guess our stress sometimes comes from seeing the stress that our officers go through and some of the troubles that they have in their careers and in their lives. And so my stress today is a little different than it was years ago when I was on the street as an officer.

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But I worry about the officers and their well-being and their families and the toll that the job takes on them from the intense scrutiny that's placed upon them, both from members of the public as well as members of the department. We're always reviewing and evaluating an officer's performance, just like people in the community are.(...) The television and movies, there are more movies and more television shows made about police work than probably any other topic in the world. And so we have a population who consumes those television shows and those movies, and they suddenly become experts on what it's all about to be a police officer. Everybody knows how to do the job. Unfortunately, most of those things that we've had over the years are not really based in reality. And so we get an unfair or an unreal sense of what it is to be a police officer.(...) And so that intense scrutiny sometimes just adds to the stress officers' experience. Do you know you're very special? You have a heart that a lot of people don't know. I mean, you not only are wanting to help people, you might die doing it.(...) I mean, you think about that. That's just amazing.(...) You're like a different brand of special people. Very special. It takes a special heart.(...) And I think by and large, when you look at the officers that work in this department and departments all across the country, we all got into this for a reason. And as we started out saying what that reason is, it's generally to help people to make the community a better place to live in.(...) Police officers are the same as you and me. They're the same as school teachers and firefighters and doctors and lawyers and laborers and people who work in whatever profession they choose. We all have families. Our kids all go to the same schools. We all shop in the same grocery stores. We just have lives. And that's one thing I would like everybody, I guess, out there to know is that you have stresses in your life, just like we have stresses in ours. And we all face many of the same challenges.(...) But we just have a strong sense of duty to try and preserve our community to be a good place to live, a good place to raise children, a good place to recreate and work and just do all the things that we do. But I can't help but put you in a different class. I think you're still very special.(...) As a counselor,(...) we're held up to a certain standard that we don't, we have all the answers.(...) So if they know that we're going to a therapist, they go, "Why?" So it's the same, you know,

I'm hoping those starts realizing that, yeah, just because you're a police officer doesn't mean that you're not human.(...) So if you were sitting here talking to another officer that's listening to me, that maybe is struggling with some things that he hasn't had a chance to talk to you because he lives in another state or country, what would you suggest to him?

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Just that, you know, there's no shame in getting help for issues that you may be facing in your life. If you fall down and break your leg, I don't think anybody's embarrassed or ashamed to go to the doctor and get that leg set and get treatment and medical attention. But when we see things and experience things that damage our psyche, if you will, or just add stress in our lives,

(...)

there is a stigma there or has been for many, many years that you have to be tough, you have to suck it up and you just have to deal with it and move on. And I would just say that it's okay to seek help if you need it. Find somebody to talk to, even if you don't want to go to a professional and talk to somebody in a therapeutic session or a counseling session, find somebody who's been where you are and unload on them if you need to and lean on them. I think the peer support team is just a formalized program of what we do already anyway and share with each other the stuff that bothers us. I've heard that in my own recovery, we're as sick as our secrets and we don't have to do this alone. That's what you're saying. You bet. Because you can't really.(...) Right, I, you know, I see people who try and after 10 years, 15 years, 20 years, 30 years, I don't know very many that can actually make it through that entire career without ever having to lean on somebody in a tough time. And actually, that's a good thing.(...) We have each other come out to do this by ourselves. Is there anything we're just about done here that you would like to share or say about your department that's important that maybe we missed? You know, just that I'm honored to work here at the Boise Police Department and in the Treasure Valley in general.(...) We have a very professional organization. We have great training. We have great support from our community by and large. You know, you will always have detractors. You will always have people who have had a negative interaction and, you know, we're not perfect. We don't do everything perfect all the time. I'm sure there have been situations that have gone badly and, you know, there are those who have a very dim view of law enforcement and I understand that. But by and large, I'm thankful to work here in the community where we enjoy large community support. By and large, most of the people in our community do respect the work that we do. They're thankful for it. We give letters of expression of thanks from people all the time in our department for the interactions that they've had with officers and by and large, day to day, officers are out there doing their best to help and to calm situations and bring order to some of the chaos that creeps into, I guess, everybody's life at one point or another.

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Well, thank you very much for coming on today. And if you see him in the community, stop and give him a donut. Or do you want pizza? Well, at least just wave and use all your fingers. Thank you very much. And thank you for joining us today at Time to Heal. We are so grateful that we have this department here helping us in the community and I don't want to forget to say something to the families. Thank you so much because we know what you go through

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to let your family member go out there and you may not have them come back home. And we want to thank you for that and honor you too.(...) And just know that we're on your side and we support you. And don't give up because your miracle is on its way.

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Episode 31:

(...) [MUSIC]

(...)

Hello everyone, thank you for joining us on Time to Heal today. Today our guests are from the Boise Police Department. We're here to honor them and the work that they do to keep our community safe.(...) And also to talk about the unique services that they offer, including how they work to keep themselves safe and healthy in a job to fulfill the unique stresses that they face. So today we have with us Nikki Flock, and she's gonna share with us about her position here. She works with the Boise Police Department in the Victim Witness Unit. Hi Pam, thank you for having me. Thank you for coming, I appreciate this. Of course. Let's start off, I'd like to ask you, tell us a little bit about the Victim Witness Unit, what is that? So we're a unit comprised of five women who respond out on crisis calls. We respond out on homicides, suicides,(...) child abuse, sexual abuse, rape,(...) death notifications.(...) Anything where we have people who are victims, we respond out and try to help with crisis intervention, trying to help get people stabilized so that we're able to move forward through that process. And how would they know about your unit?

(...)

Well, usually what happens is when patrol responds out on a case,(...) if they identify victims that are needing to have further services, they will activate someone from our Victim Witness Unit. And so we respond out and we work with them throughout the entirety of the process, the investigation and also the criminal justice piece. So if they've been a victim, save, rape, or some other type of crime, and they don't wanna go to the police department, they're right away, can they contact you?

(...)

They can,(...) typically what we do though is, number one, we wanna make sure that people in the community are safe.(...) And that they're healthy and have the resources that they need. If they decide that they do not want to report a rape, we can help them to identify resources in the community for mental health, but also for physical health. Okay, I have another question for you.

(...)

How long do you have to work with a victim?

(...)

You know, sometimes we work with victims for an hour. Sometimes we work with them for years. It depends on the case.(...) Certainly if a case becomes a criminal case where we work through the criminal justice process,(...) we follow our victims through pretrial and jury trials and sentencing, even onto the parole board and the parole hearings. So you're acting like an advocate, give me a little more explanation. What is the role? What is the act? They come in, they meet with you, or is it a counselor they're meeting with?(...) You know, we're not trained counselors.

(...)

We are more about the crisis intervention and getting them to a point where they're stabilized so that they can go get the counseling and get the other resources.

(...)

Our role though is to help our victims through the entire process. And what I mean by that is helping them to talk with patrol, talk with detectives.

(...)

Move forward with the process. Talk with prosecutors who are handling their cases.(...) Help them to tell detectives and prosecutors what they want. They may not want to move forward with a criminal case, and that's okay in some circumstances.

(...)

But we want to make sure at the end of the day that they're safe and they have the resources that they need.

(...)

That is wonderful.(...) I didn't even know all this. I have another question for you. What kind of training do the victim witness personnel need to have to do this position? Typically when we're looking at hiring a victim witness coordinator, we're looking at them having at least a bachelor's degree in some sort of social sciences field, psychology,(...) social work, something along those lines.(...) But what is more important to me is that they understand crisis intervention.(...) They understand when they get into a situation where there are a lot of emotions and in essence a life or death situation.(...) That they're able to slow things down and help those victims to find safety for them physically as well as emotionally. When you say safety, what do you mean by safety? I mean a safe location. I mean that their person is safe, not only physically, but emotionally. We want to make sure that they are not in a situation where they're going to hurt themselves, or hurt anybody else. We want to make sure that physically they're safe so that they aren't hurt. That's wonderful.

(...)

How do you keep yourself healthy? As a counselor myself, I've had clients that have shared a lot of painful things with me and I try not to get too enmeshed with that. Cuz it's very hard to know what they're going through. What do you do to keep yourself healthy?

(...)

I think we've got a unit of five victim witness coordinators. We all have a trauma bond with each other.(...) Certainly we rely on each other and we come back to the office and we talk about what's happened and we kind of process through that as a level of camaraderie.

(...)

I have a routine that I do at the end of my day when I take my badge off.

(...)

At the end of the day, my rule is I'm not thinking about work. I'm focusing on what I need to do at home with my kids and my husband.

(...)

And it's a separate life as much as I can make it. Certainly there are those times when I may have a really tough case that intrudes on my personal life.

(...)

And when that time comes, I recognize it, I identify it. And if I need to, I seek out my own counseling.(...) I take a break from work.

(...)

I do those things that take care of me so that I can take care of others. You know, I'd heard that in my own recovery. My sponsor had said, "Give to the job what belongs to the job."

(...)

And give to the family what belongs to the family. Absolutely. It takes a little while to learn how to do that. It's important.

(...)

How did you get started in this type of work? What was your draw to be involved in helping people in this way? I feel strongly that we need to be helping people. We've got to be a healthy community. I started my career as a preschool teacher. Preschool. Preschool. And if we don't have healthy families and healthy kids,(...) things seem to not go so well for the rest of the community.

(...)

And as I worked through that career, I went into social work and wanted to get into the helping profession more. I wanted to try to do work that maybe has prevented me, meaning helping people and stopping things from happening. And I think as a victim witness coordinator, although I'm reactionary in that I'm activated what something has happened, part of my goal as a victim witness coordinator is to help victims to not be re-victimized and to work through that process. Do you know how this unit actually got started?

(...)

Who came up with this idea? Well, it actually started probably 20 plus years ago and it's an item of statute that requires that the victims of crime have certain rights throughout the criminal justice process.(...) So that is part of where we come from.

(...)

But I think certainly there is a whole piece to victimization that happens before you get to the criminal justice process.(...) And a lot of our criminal cases don't necessarily

(...)

get prosecuted, but we still have victims who need help and who need resources to get healthy. You know, I mentioned to you earlier that we had done a show on men that have been victimized by women.(...) And do you see that? Do you have men coming in that are needing your services? Oh, absolutely. We do. Yeah. We see men that are victims of domestic violence and we see women that are victims of domestic violence. Domestic violence doesn't pick and choose a socioeconomic status or a certain address or location. It's across the board. And all the cases you see as far as victims, what would be the majority of homicide,(...) domestic violence? You know, within our unit, we each have a specialty that kind of has drawn us. In my particular instance, I work a lot of cases that involve children. Children with sexual abuse, children with physical abuse, and neglect.

(...)

And that's because part of my work before was in child protection, so I understand the system.

(...)

We have other victim witness coordinators who work with the elderly and the vulnerable population.(...) We have a victim witness coordinator who specializes in human trafficking and working with those victims. We have a victim who works with the LGBT community and is really a voice for them as well. So we have different areas of specialty.(...) I think if you're asking what is our main focus, I think we see a lot of domestic violence. But along with that domestic violence, we see how that reaches the whole family and we see the child abuse that comes from that as well.(...) It's wonderful to know that each, well, the crime, you know, the child abuse or domestic, that you have a unit for each one. So they specialize and they know right where the resources are in the community. Because I'd had cases that I had to figure out different things they needed for everything. That's wonderful. Well, not only that, but we also, there's a victim witness unit within the prosecutor's office and within the sheriff's department. And so we meet on a monthly basis and we share resources. We try to come up with better ways to handle things,(...) you know, system improvements

(...)

and advocating for victims. In the community, what have you found to be the most frustrating that's not available for these victims?(...) You know, I think sometimes we struggle with having enough shelter for victims.(...) Not necessarily homeless shelters, but safe shelters.

(...)

Sometimes we have an influx of domestic violence and we maybe don't have enough beds for those families and those victims.(...) And so that's a struggle. We have a struggle with working and identifying enough resources for human trafficking victims and understanding the victimology in those cases. If you were, you know, speaking of the community right now, what's the need? What can they do to help you?(...) Well, I think always identifying further resources. I think

(...)

in some cases we have families who are dealing with domestic violence and victims who need to go to shelters. But they don't want to go to the shelter because it means that maybe their dog or their cat has to go to the pound.(...) And while some of us may think it's very simple to take care of that, that pet is part of their family. And so in essence we need shelters for animals. So could they contact you and say, "Hey, I'll be a foster parent for an animal?" You know, that would be a possibility. Certainly, I know that sometimes we outreach to the churches to try to identify(...) whether or not they could help with animals or with alternate resources that people do need. I was a foster parent for dogs once.(...) Anything else we're coming here to a close that you would like to share to the community about your unit? Certainly, I think it is important for everybody to understand if you're a victim of crime, please don't be afraid to come in and report. We're here to help and even if you don't want to move forward with the criminal justice process,

(...)

we can help to identify resources in the community that potentially can help you. You know, the idea is to get the resources to get back on your feet and to be a productive member of society.(...) Absolutely. Oh, what a blessing that you came. Thank you. I really appreciate this. Thank you for the opportunity. Yes, thank you. And we'll be right back with another guest from the Boise Police Department.

(...)

[Music] Welcome back to Time to Heal.(...) We're back here with another guest from the Boise Police Department. My name is Ron Weinegger and I'm a captain with the police department in the community outreach division. Thank you for coming here today to share with us about your department. Can you start off by telling us what's so unique about your unit, your department? Well, our division, the community outreach division encompasses several different units within the department and it basically deals with a lot of the units that don't fall into the traditional policing, policing role, if you will. We have everything from our mountain bike patrol officers to our motorcycle officers,(...) neighborhood contact officers, the community policing aspect of our department, Boise State University. We provide police services for the campus and those types of things all fall within the community outreach division.(...) In the other part of your unit, you said you have a peer support. Well, actually, yes, I'm one of the coordinators of our peer support team, which is department-wide, but we have a peer support team that provides services to officers regardless of their position or their assignment within the department. Just a personal question, what motivated you to even become a police officer? What was the(...) was this a little boy or? I think like most people who are drawn to this line of work,(...) most people who enter this job have a desire to help, a desire to see justice done and fairness in things, but really a desire to help other people and make our community a better place to live. And so definitely that was something that drove me to want to become a police officer. I certainly admired those that I saw in the community, police officers. I remember I grew up in Oregon and Oregon State Trooper came to my school when I was very young and I just looked at him and thought, that's really cool. I have a brother, an older brother who's a police officer as well and so certainly was drawn a little bit by that. Oh, that's wonderful. I worked as a police dispatcher once. I wanted to be a police officer too, but I had a dream. I couldn't pull the gun, so I had to change my mind on that. I have another question for you. In your line of work, you know, I have the stress that you go through.(...) How do you keep from taking that home? What happens, I mean, once you get off work? What do you do? That's a great question and I think every officer handles it a little bit differently. Everybody has their own way of dealing with stress. I guess we all do, regardless of our occupations. There's stress in every job that I can think of. I can't think of a stress-free job out there, but there are some unique stresses in law enforcement that most people don't have to deal with. Obviously, the thought at any given time where someone may intend to harm or kill you, that's not something that goes along with most occupations.

Yeah. And the other things are is that you're dealing with people in crisis on a regular basis. As our chief often says, we're dealing with people when they're the the maddest, the saddest, and the baddest. All of emotions. Exactly. So people don't generally have a party and remember to call the local police officer and invite them to it. It's more when when you're in a domestic violence situation, when there's a crisis going on in your life, whatever the case may be, emotions are running high and officers are called to try and put some order to the chaos and solve some problems. So that can be a stressful thing that ordinarily, I guess, you don't encounter in everyday life or in most other jobs. So officers have to learn to deal with that stress. And when they go off shift, when they go home, we have officers working around the clock and all days of the year, regardless of whether it's a weekend or a night or a holiday, we have officers on. And so they have to be able to kind of unplug and unwind and reset themselves to the point where they're ready to go out and tackle it all again the next day or the next night. So we encourage certainly good hobbies, things to do to take your mind off from work and the things that you deal with physical exercise, diets important, all of those things that they apply to everybody, but especially to the officers who deal with these kind of unique stressors in their lives. What about the officers that we know some of them do have some alcohol problems because they've used alcohol. Sure. I think like anybody else, police officers are susceptible to all of the same things that other people are. And that includes alcohol and drug issues.(...) Certainly there are those who turn to that as a way to relieve stress. And certainly that's not a healthy way to go. And it's not something we encourage. In fact, it can definitely have a bigger effect maybe on us than some other jobs out there. And so we have a peer support team that we created several years ago in an effort to help officers learn how to manage stress and better deal with those things. And we also recognize that there are situations where officers have gotten involved with substance abuse, whether it be prescription medications or alcohol.

(...)

Hopefully we don't have a lot of illegal drugs going on. I certainly haven't encountered that, but those things are out there and they are within our department and probably within every department out there. And so we created a peer support team to deal with that as well as many other issues related to stress and stress management. You know, I'm so glad to hear that because it always felt like it was unfair just because they're a police officer. And if they do have a substance abuse problem, they either got, I thought, are they fired or looked down on? And it didn't ever feel like it was appropriate. They need help too. Sure. And to know that that's what's happening in your department. If they do reach out, they've got you to turn to. Yes. And you know, you look in the just look around in the country and even locally in the news there, there are times when police officers lives are in crisis as well. Yes. And sometimes, unfortunately, the choices that we all make end up with pretty serious and severe consequences. We have officers who have lost their jobs and lost their livelihoods in their careers based on the choices they've made. But we believe that our peer support team has been very effective and has given us a way to help officers who need it, who want it, and who turn to us for help.(...) Some of those stresses that we encounter are a little bit unique, like I said before.(...) And if they are experiencing those stresses that are unique, sometimes there's not really anybody that they can share that with or contact that understands it. Much like the military personnel coming home from overseas who have served in Afghanistan and Iraq and other places in the world where they have seen and experienced some horrific things. I don't want to compare our service to that because they're very different. But much the way those folks come home, they find a population of people back here at home that don't necessarily understand and don't know what they've been through. And so it's hard for them. And the best thing they've found for those veterans coming back is to be able to connect with other veterans who have been there and who understand those stresses. We find the same thing in law enforcement.(...) Sometimes an officer just needs to talk to another person who's been there and experience that,(...) the types of things that they have experienced,

the domestic violence, the child abuse,(...) the internet crimes against children, the child pornography. A lot of different things that we encounter, including violence

(...)

and quite often death,(...) tragic car crashes and violent crimes that we get exposed to. And we see things that I think human nature is not meant to see. And so there are just opportunities where we can rely on each other. We can talk to a peer who's been there and done that.(...) And it seems to help.(...) In many cases, I think it's saved a career or enabled an officer to turn to some more healthy choices to deal with stress than maybe the ones we've been talking about, alcohol and drug use.

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to let your family member go out there and you may not have them come back home. And we want to thank you for that and honor you too.(...) And just know that we're on your side and we support you. And don't give up because your miracle is on its way.

(...)

[Music]

(...)

[Music]

Episode 32:

(...) [Music]

(...)

Hello everyone, welcome to Time to Heal. Thank you for joining me today. I'm here to bring the dark side of addiction to a whole new light. I want to share with you some hope and solutions while you're on the road to recovery. Today we're here to discuss a topic that many people are not aware of. What is it like to be in drug court?(...) First we're going to discuss with my guest Robert what it's been like for him in drug court and what are some of the benefits that he's experiencing as a client of the drug court. But first let me start off by sharing with you what is what is drug court and how did it get started. Drug court is a completely voluntary diversion program designed to emphasize treatment instead of being incarcerated. The program provides an opportunity for certain offenders to choose a closely court-monitored rehab program instead of prison.(...) I was told that the Inner and Intensive Fourth Phase Treatment Program, it's scheduled for at least a minimum of 14 months, participants attend individual counseling, 12-step programs, group counseling, they have case management, they are required to go to work, they are required to either go to work or go to school and they are monitored by drug screens.(...) You know it was a district judge Dan Eiseman who founded the Ada County Drug Court about a decade ago. His goal was to stop the revolving door of crime by the drug-addicted criminal defendants.

(...)

So today I've asked Robert to come in and share a little bit with this his experience in drug court but first let me start off by asking you what was your life like before you even came to drug court. Well my life was like I was on a downhill spiral it seemed like. There was an alcoholism,(...) just addiction whether it's just marijuana, alcohol and it's been like that for many years. I thought there was very few months or where I wasn't doing something or participating in any drug or alcohol type activity. Were you raised in Boise?

(...)

No. Where were you raised? I'm originally from Nevada. From Nevada.(...) So how were you when you first started?

(...)

I'd say when I first started I when I picked up my first drink I was about 14 years old. Do you remember why and what the circumstances were? Well in my family my dad was a drinker and growing up around that you know just like in any child you get curious and you want to find out what that's about and this is about about the ages of 14 is where I got curious and I went into my dad's the cabinet where he kept his alcohol and I wanted to try it and I did. And your first experience was wonderful? I wouldn't say it was wonderful. I'd say it was I'd say it was um sick. You got sick. Like you recover. And so your mother was she does she have any drinking problem or just your father? No just my father. And how many brothers sisters?

(...)

I have uh uh two other siblings two sisters yes. Did they have any drinking or drug problems? Um their husband yes definitely no problems. So you started drinking and then what happened how did you get him go started getting using drugs?(...) I'd say I started um marijuana when I was around uh 16. I'm the age of 15, 16 years old.

(...)

Friends that I hung out with were smoking weed(...) and I got curious.(...) They would you know smoke a joint sit there laugh and look like they were having a good time. So I said hey I want to go ahead and try this and I did. Peer pressure? Yeah definitely. You wanted to feel fit in. So what did it do for you? Smoking pot at that time. Well at that time right there smoking pot was um it was fantastic at the time. It was something that was new and exciting. I was feeding in with my friends. I was meeting new friends who you know were doing you know marijuana as well. And I felt like I I fitted in and um next thing you know uh the isolation part came in to where now you know I was hooked and and I didn't care. I didn't want anybody around me. I just just wanted me just wanted to be the marijuana and me and that's it in my own isolated world and it was like that for a long time. Even with alcohol. Your grades were getting affected? Oh absolutely.

(...)

You stopped hanging around people. What about your parents did they find out? Did they ever say anything to you? Uh my parents I kept it really really private but I think you know I think they knew that there was something going on.(...) I managed to still get pretty decent grades however my school and my high school did yes get affected by it. You know I dropped out when I was uh actually close to being a senior and graduating and it just kind of just slowed my progress down there. And then you're 18 what happened then?(...) At 18 um(...) remember I was still I was still using and I was still trying to function at the same time and there you know as any 18 year old you know you have a lot of energy you have a lot of go so you definitely use and still function and I thought okay I'm doing fine and I'm using away you know later on hits.(...) So during all this time you mentioned that you were isolating from people did that continue? Did you continue to just be alone or you didn't get involved in any organizations or clubs or anything? No at that at that particular time no I didn't even think about any type of getting any help for it was it was something I would say of the norm for me and then about 21 that's when the alcohol came into the picture there. Did it cause any problems as far as getting involved with the you know dating and relationships?

(...)

Absolutely. You did? Yeah.(...) What what happened that

(...)

where you came to a place where you started seeing that you were having a problem when did that start happening?(...) I say that was probably around 23 24 years old. So pretty yeah right that's when I started acknowledging what you know I'm going out I'm drinking(...) and I'm getting drunk and I'm doing things saying things that I wouldn't normally do and that's when I think I started really acknowledging that. Did you experience blackouts with drinking or? Yes absolutely. DUIs? Oh yeah. How many DUIs?(...) Um three total. That's not too bad I could have got a thousand I just never got caught. Oh I was was drinking and driving.(...) So what what

(...)

what came around that happened that you said I need to stop drinking and using drugs or did that ever happen or was the drug court that made that happen for you? Well there was many times when I thought to myself why I need to stop this type of lifestyle but that I'd clean up for a little while and then it just come back again and just more like I would roll right back into that again.(...) So nothing really happened that you said this is it I need to stop just little thoughts once in a while? Those thoughts most likely that was caused from you know depress going into depression which was of course being my cause from substance use. So what led you up to go into the drug court? What happened? Were you arrested for possession? I guess I was arrested for a DWI and I had uh went to court. I heard about the problem solving court program and it seemed like something that I could do and that would be real positive for me in my life so I introduced it to my attorney.

(...)

Yeah because it sounds like your background is all you don't you're not a criminal but your drugs and your alcohol were causing you to have problems by drinking and using them with influence and driving. Right and driving that and doing long on substances yeah that's definitely a criminal activity. Yeah it is. Yeah okay and so what has it been like for you? How long have you been in drug court?(...) Now uh probably around four months. Four months. Congratulations. Thank you. Yeah so what is uh some of the things that you're experiencing that you'd like to share with others that's helping you helping you in your recovery?

(...)

Well Pam I would like to just say that it's definitely one day at a time.

(...)

I stay organized.(...) I focus.(...) I practice my steps and I do what I'm supposed to do and stay focused on what I'm doing day by day. Do you think you may have been doing this if you hadn't been ordered to drug court?(...) I would at this point I really don't know because it seemed like I was so much on a downward spiral that really I didn't I don't really know I can't really answer that.

(...)

Well what I mean is see drug court can be a real asset. It can also be a problem because what we want for an alcoholic and a drug addict to do is hit bottom.(...) I don't want to take that from you

(...)

because hitting that bottom you might say that's it. I surrender. I don't want this anymore and you go get help. Right but if I stop that process and come in and rescue you and take care of you I haven't really helped but it sounds like in your case you had an intervention.

(...)

Drug court came in and said you need help. You weren't saying you needed help. Correct me if I'm wrong. Were you saying to yourself I need help when you got that DUI?

(...)

When I got that DUI no I was not saying that to myself. So drug court in this case helped you. Absolutely. Came in and said well we're going to do for you what you're not doing for yourself. Right right I'm really grateful at this point to(...) be in the drug court program.(...) Because sometimes it can help. Sometimes it's just the worst thing we could be doing though. I heard this gentleman say if my parents had bailed me out of jail even one more time I would be dead. We're talking about enabling here. Another question I have for you. You know I've heard rumors and different things you know. Drug court they have you go through a lot of hoops.

(...)

They're always told to do a lot of things and I hear it as an excuse. And as an alcoholic myself I can use any excuse to go back out and drink and use. But it sounds to me what they're doing is just coming up with reasons that any of us could come up with an excuse. I mean I can't put it in clearer than that. But in it but at the same time I understand that it can be overwhelming. Going to work doing the groups all the requirements. What would you suggest that someone that's in drug court and now that you've been in it yourself for four months what could they do to help lighten that stress that they're going through? I would say stay positive.

(...)

Stay organized.(...) Okay how would they do that? How do they stay organized? What are you doing? At this point right now I have a daily planner.(...) Good idea. And I pre-plan my days ahead of time. I know what I'm going to be doing when I get up in the morning.(...) If I go on to work I know I'm going to be going to work.(...) Even my transportation is

(...)

planning there as well. I'm good to whether it's by a bus, car ride, whatever.(...) You just really have to stay planned and use the tools that are given to you. In fact you're correct on that. I had one. See if I still got it. Just looking at a blank calendar.(...) I got one here like this.

(...)

And writing down all your groups and what you're having like you're saying and what you have to do is so helpful. Just to say okay here's my week here's my plan.(...) Yeah and every day take a look at it. That's an excellent tool. It's something that you can definitely visually see.(...) Simple.(...) So simple. So what's the excuse? Why are they saying it's too hard?

(...)

You're saying it's nothing too hard?

(...)

Well you know the thing is it's very unique. Everybody is very unique and if you really want it go for it.(...) There's going to be obstacles. There's going to be challenges(...) in everything that we do in life period.(...) And if you really want sobriety, if you really want to change your life

(...)

it's possible.(...) So again it's back to excuses. If they want to go back out and drink and use they have a choice. It's all about a choice. Because you can make this work. This program work. If you want it.

(...)

So another question I have for you. I want to ask you those that are struggling right now. Could you share with us how long you've been clean and sober and what would you like to say to them that are having a problem maintaining their recovery?

(...)

Well I've been clean. Well Pam I've been clean and sober for a little over a year now. A year.(...) Congratulations. Thank you. Thank you Pam.

(...)

And I would say use your support. Use support around you. Whether it's a counselor, your sponsor, a family member. Stay around positive people.(...) The people who are using and doing and

(...)

as negative as it may sound not wanting to make that choice. Just wanting to stay on that negative track.(...) And really just you know really stay away. You have to really set your boundaries and say no.(...) You know this is what direction I want to take my life.(...) Excuse me. Has it been hard for you to tell your friends that you're in drug court and

(...)

let them know that you can't drink with them? It can be difficult at times but being that I really don't have personally I really don't have those friends around because I'm really from out of state. I've been here a very short while so it's really you know. So you haven't had to really face that problem? I really had to face that problem no but you know being honest and even if it's a phone call and saying you know you know I've told my friends I say you know I've you know been in trouble with the law and right now I'm currently in a problem solving court program and this is where I'm at now. These are the choices that I'm making for me.(...) I love that problem solving.

(...)

I like the name because that's what we're doing. We're solving it. Absolutely. Yeah so proud of you. Thank you.

(...)

So during the holidays are coming up and it can be difficult parties and being invited and work.(...) Have you come across that yet so far being invited anywhere and struggling to let me know that you're not allowed to be around any facility or party where there's any alcohol? At this particular point no that hasn't been a real issue because and part of the big reason is you know for me I'm staying focused and I keep myself busy(...) and like I said I'm honest and I will let the people around me know this is what I'm doing. This is what I need to be doing today. This is my schedule and this is the choices that I'm making for myself.

(...)

So correct me if I'm wrong it sounds to me that you want recovery more than anything else. You're not doing this just for drug code. This is for you. I want to change my life. Why?(...) I don't want the type of life anymore where I'm using substances, I'm making bad decisions, hurting my family, hurting the ones around me who genuinely love me and care about me and that's what substance use seems to will do.

(...)

Yeah so true.(...) Is there anything left that you'd like to share with the those out there any words of wisdom or how to

(...)

any tips getting through drug court before we end here? Well you know

(...)

there's definitely work and if you really want it you're going to work for it and you're going to you're going to get something out of it.

(...)

That's true but you have to want it more and you want anything else huh? You're going to put in the work absolutely.

(...)

Just quickly too one other question I'm going to ask you first. You're going through the 12-step process. Do you have a sponsor? Do you have somebody that you're working with? Yes I currently do. Okay and do you stay in contact with them? Yes I do. What step are you working? Right now we're currently working on step three right now. And will you repeat what that step is? Right now

(...)

that is um oh I always get blank spots on that too. I'll tell you it's where you turn your will and your life over to care of God as you understand him. Right. That's what you're doing is turning your will.(...) Your will is your thoughts and your actions over to care of God and then you'll move into a four-step that's where you're going to write all your resentments out and stuff. Right I think believe that's where we had talked on Sunday that he's probably going to have me write an essay or some work for step four there but right now we're just barely on step three right now. Okay. I'm reading pages 86 through 88 out of the blue book.

Okay wonderful well thank you for coming on today. I really appreciate this. Your blessing. I'm proud of you. You just hang in there keep doing what you're doing and and you know the main thing I think is to just be honest with yourself all the time and let people know what's going on. Don't keep the secrets you know that's what's really important. Don't hold on to this and say I can handle it. No I learned that I didn't have to do this by myself.(...) I want to thank you for watching my show today. Please join me on Facebook. I have a group called Time to Heal

(...)

and remember we're here to help you. Any questions if you have any you can give me a call. My phone number is area code 208 340 3274 and also I just want to mention that there's a magazine that's out called In Recovery and they there's an article in there today they put in there an article of myself and my little story in there. So thank you for joining us and don't give up because your miracle is on its way.(...) Thank you so much. Give me a hug. You're

(...)

welcome.

Episode 33:

(...) (eerie music) (thunder rumbling) - Hello everyone, welcome to Time to Heal. My name is Pam Hemphill and I'm gonna be your host. We bring you the dark side of addiction into a whole new light. Today we're back here talking about drug court. And today we're gonna have Melinda. She's gonna give us a female perspective and what it's like to be going through drug court and all the benefits and how it's helping her. So would you like to start off first by sharing with us what was it like first for you growing up in your drug use history?

(...)

- Well, both my parents had their spouse with drugs.

(...)

They did a really good job of shielding me through it.(...) And I actually only got mixed up into drugs from a boyfriend that introduced it to me as a sexual enhancement.

(...)

- That's interesting. - Yeah, and I went from that to,

(...)

I didn't like the feeling of coming down. So I chose not to. So I just used on a daily basis and-- - Now how old were you when this happened? - 32.

(...)

- How'd you keep from using until 32? - My parents did a really good job of shielding me from it.

(...)

- Were you the only child? - I am not. My older sister took care of me.(...) She was the one that took the burden of raising me when I was younger when my mom was using.

(...)

And then we moved in with my dad when he got remarried.(...) She chose to stay there and I moved back with my mom. And by that time, my mom was clean.

(...)

For the most part, she dabbled here and there.(...) And it wasn't until I was adult and started using myself to actually seeing what was going on. Now I can look and go, oh, that's what that was.

(...)

But I didn't know it at the time.

(...)

- So growing up though, you didn't get any trouble to go to juvenile hall or have any of those problems? - I was arrested once as a minor for breaking and entering. - Oh, not drug related. - Oh, no, no. - Normal type childhood. - I don't know if I'd go as far as the normal childhood, but a separate home, my parents were divorced when I was four. So I came from a broken home and had the spouts. I've been the oldest child, the youngest child, and the middle child, depending on where I lived, with what family, at what time.

(...)

- So what happened that got you into drug court? - I was arrested February or January and March of 2010,(...) both for possession of methamphetamine.

(...)

And I was put on probation.

(...)

And at the end of my, almost at the end of my probation, I got violated for associating and using.

(...)

And my probation officer said, "These gotta be a really good idea if I went into drug court." So when I was violated and I'd taken into custody that night, that was the intent.

(...)

And I can't be happier.

(...)

My mind said, "This program is just,

(...)

it's got me in a better place than I have been my entire life, including before I've ever even touched drugs."

(...)

- That's saving a lot of lives. - If you want it, that's one of the biggest things is if you're ready to change, if you want that change,

(...)

drug court's gonna make it happen. - You know, a lot of people talk about drug court and say that it's just way too much for them to handle. It's very stressful, all the requirements. How do you handle it? - I wanna change.

(...)

And I'm really good at time management.

(...)

I have two minor children. I have an adult child. I have a grandbaby. - And you work. - And I work. And I have a father that needs me. He had a stroke four years ago.

(...)

And I love him very much.

(...)

And he requires a lot of, I shouldn't say requires, I love giving him my time.

(...)

And I'm very stretched thin.

(...)

And I do it anyway. I also have a sister and a brother-in-law that I spend a lot of time with. My mom lives out of town. I have an older sister, I don't see very much.(...) I've got a lot of support and a lot of family. And I take pride in that. - So how long has it been now? How long are you clean and sober? - Six, almost seven months. - Oh, that's wonderful. Wow. - Yeah.

(...)

The longest I had, this is gonna be a little difficult, was eight months. Because when a condition of my bond was that you ate twice a week.(...) So I you ate twice a week for eight months. And I never touched anything. I never, I didn't even go anywhere near it. And the one question I had to myself was,

(...)

if I relapse, if I pick it up once, am I gonna be able to put it back down?

(...)

And so within an hour after my last UA, I got high for two days and hit it. - And again, what do you use when you get high? - F-amphetamine. - And that's been your drug insurance? - Absolutely. - Over alcohol? - Oh yeah.

(...)

I never considered myself an alcoholic.

(...)

The correlation between the two has been apparent to me now. Just,(...) you know, like medical reasons and stuff.

(...)

I've got alcoholics in my family, several,(...) about every addiction, gambling,

(...)

have, drugs, alcohol. - Have you ever heard of adult children of alcoholics? - I have.

(...)

Never engaged in anything.

(...)

- It's a recovery program. - Right. That's for the families of, right? - Those that were raised with alcoholic genetics.

(...)

- No, I never engaged in anything like that. Like I said, I wasn't aware that my family was doing anything, you know, when they were,

(...)

until much later.

(...)

So, and they did a really good job of shielding me from it. So I appreciate that because, compared to my sister, I had a very normal childhood, comparatively.

(...)

- When you get a chance, there's some videos, John Bradshaw, it's what I would recommend to watch on YouTube.

(...)

He explains the shame-based in some of the problems that happened as a result of being raised in a home where the parent was either an alcoholic or a drug addict. That's something we'll talk again more about, but let's go back to the drug court experience. Didn't mean to get us off target.

(...)

If you start feeling this, this is Brian.

(...)

- Hi Brian.(...) - I bring him on the show in case you, one of my guests gets depressed and feels insecure or nervous. Do you? - No. - You feel okay? Do you want to hold him? - I'm fine. - Okay. - I don't think it's a rejection problem. - No, no, I'm very self secure. - No, him, he gets feelings hurt. - That's okay, he can handle it. He's working the steps. - You want me to hold him? - No. If you start crying, I'll give him to you. - Okay. - Okay.(...) (laughs) - Well, he overdosed on LSD. - Oh, I shouldn't tell that. - He should tell his own story. Anyway, back to drug court.

(...)

(laughs)

(...)

- What would you say is the biggest barrier for participants are having that's creating this problem where they drop out? - Accepting the fact that they don't have control of their life.

(...)

- Oh, that's a good point. - Because drug court takes control. They tell you where to go, when to go there.

(...)

They tell you when you can go to the bathroom. - Okay.

(...)

- You call the UA line every morning.

(...)

And if your color is called, you are to be down there before 9 a.m.(...) They don't care how you do it,

(...)

as long as it's legal, and you do it every day. - But you're aware of all this before you sign up. - That's right. - So you made a choice. - I made a choice, yeah. Drug court's a volunteer program. - It will not mean you per se, but. - It is a volunteer program. You have the choice as to whether or not to be there. - Why do you think they have it that strict?

(...)

- Because whatever choices you were making before laid you to the path of drugs and alcohol, and so those choices are no longer yours. - And you know, one of the problems they say with this alcoholic semantics is we're undisciplined people. We don't like discipline at all. We're undisciplined. So learning some discipline is not a bad idea. - Well, in the core, well, one of the things I believe, the way it was explained to me was whatever decisions we were doing is not working. So they want to take you out of your element. They wanna put you in something that's unfamiliar to you and teach you how to cope with that. They wanna look at the issues, the reason why you use.

(...)

You know, whatever you're covering up, they want you to figure that out and heal from that because when that wound is healed,(...) it really helps you stay away. I mean, if you're raped as a child and you use drugs or alcohol to cover that up,(...) then that means you haven't dealt with that problem. So it's dealt with the problem. Let's get you healed. Let's get forgiveness or whatever it is to make you feel better and then go from there. - So they address this in the individual and group counseling? - Absolutely, they do. - Because they talk about that in our big book. You know, alcohol is only about a symptom. - That's right. - So we get to the underlining problems. - Right. - Okay, so this is a culture shock, you can't understand. I've been drinking and drugging all my, these years, and now I'm into this drug court. Have you experienced that? It was like a shock. It's like all of a sudden, your whole life has changed. - I knew what to expect already.

(...)

I'm the type of person where I don't like surprises.

(...)

So I did a lot of investigating. I talked to a lot of people.

(...)

I knew people who were in drug court recently and actually they got kicked out and are in prison.

(...)

- Their choices. - That was their choices. And I think that's the hardest thing is people don't, they don't want to, they want to be in the program but they don't want to do what they're told to do. - Accountability. - Right. So people don't like living at the mission. Well, you don't have a job. You don't have sober family or friends or somewhere that's safe for you. So living at the homeless shelter is where you need to be.

(...)

- Did they allow that? - Absolutely. That's the number one place they will go. - Okay.(...) - And I have, I've been very lucky because I have sober family members.(...) You know, all my family local is sober.

(...)

I have a vehicle, I have a driver's license. I have an income. I had a job for three years before I got violated. You know, my job was thrilled to have me back.(...) You know, so I can say that I've been completely blessed. Also been completely compliant. I understand.

(...)

My life's not my life. And you know, I have my two minor children that live with me. They go to my meetings with me all the time.(...) I spend too much time away from them between work and classes. Any opportunity I have to take them with me, I do.

(...)

- How do your children feel about you being in your court and being gone all the time?

(...)

- They don't like me being gone all the time so much.

(...)

But I worked during the day when they're in school

(...)

and every Sunday is our day together.

(...)

So every Sunday we stay together.(...) - That's important. Keeps a special time just for your children. - It does. - Have you ever heard of Alateen? - I have.(...) That was actually recently brought up to me. And my son, my boys are not quite open to the idea.

(...)

Just yet.

(...)

I have to say that I honestly did a really good job of shielding them. Because we've had so many conversations

(...)

over the last several years about my using and stuff like that.(...) They really had no idea.

(...)

And even my sister, she's 14 years younger than me, she lived next door to me and had no idea that I was using for a year.

(...)

- And we're good at hiding it, aren't we? - Yeah, sometimes.(...) My mom knew right off the bat. She didn't have to see me. She just knew my activity. She just knew.

(...)

She bested me on it. - If you had a magic wand,

(...)

are there something you could change or help the drug court, what would that be?

(...)

- I am so glad you asked that, Pam.

(...)

I recently moved into a house.

(...)

And this isn't like drug court per se, and I found a number of paraphernalia in the house.

(...)

And at first it was just in the storage.

(...)

And I contacted the, I actually contacted the home owner when my sons were cleaning it out. And I looked down and seen a home made meth pipe.

(...)

And the homeowner was already on her way there. She started cleaning out a little bit more and found three more meth pipes. - This is a house you just moved into. It was already there. - Yes, yes. It was the previous tenant stuff who had moved their stuff out. And I actually had to move. - Was that a trigger for you? - No, I got mad.

(...)

And then after that, which I notified the PO's and everything,(...) I did whatever steps I needed to keep myself safe. And then I got a little bit of a shock and then about a week or a couple weeks ago, underneath the crawl space in my tub was a baggie. And the corner of it was methamphetamine.

(...)

And I had requested that the drug dog come in and then I was informed that there was a possibility that I could be charged.

(...)

And I was not thrilled with that. So at this point I would like to start a program where people who are moving into a house that is maybe not in the best neighborhood or they may not even think about it, they start moving in and finding things where they actually can have a drug dog come in to their residence and not get charged. - That's an excellent idea. - Thank you. - Plus for some it could be a trigger. You don't want that to happen. - Absolutely. - So before they move in, they'd have the PO come out with a drug dog, sniff it out and get it all cleaned up before they moved in. - Right, or like in my case, I was already moved in and I've got four storage units on the property. It's a pretty good sized property.(...) And all of the stuff belongs to the other tenant. It's still not cleaned out.

(...)

And I would have never thought to put anything in a crawl space under a tub. - Yeah, that's a very good point. It definitely needs to be looked into. - Right. - Back to your recovery. What are you doing for your recovery? - I am currently in 12 step program.

(...)

I go a minimum of two times a week.

(...)

- Is that ordered or? - That is ordered. - Can you go more? - I can. - If you can. - Yeah, and I do sometimes.

(...)

I love the program.

(...)

I love the people that I've met and just talking to everybody. When something happens and I get mad, I can go in there and share and I can vent. Or when something good happens, I can go in there with smiles and everybody smiles with me. And I just, I love that feeling.

(...)

In drug court, I'm taking classes.

(...)

I also do some self meditation.

(...)

And it's very therapeutic spending time with my dad.

(...)

- The inner service always helps a lot. - It does. - What if you were agnostic and didn't believe in a higher power and didn't want to go to the self help program? Would you still have to go? - Yes. - You do? - Yes. - Because there's smart recovery which is a cognitive behavioral type program. They don't mention God in that program. Can they go to their PO though or the courts and say I'd rather go to smart recovery or celebrate recovery or some other program? - I am not sure to be honest with you. - I have to find out. - That's a very good question. - Because a lot of people don't want to go to AA per se. I don't know if I supposed to have said that. 12 step program, they don't want to be ordered there. Just curious about that. But so far for you-- - You know what, honestly I think it defined, it just says 12 step program. It doesn't define which one. - Oh, okay. So they'll probably give them a list of everywhere else they could go. - I'm sure they do. - Yeah, I'm gonna find out, that'd be nice. But for you, the 12 step spiritual program has been working.

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Is there anything you'd like to share with others of what you would say to them to do to help you be successful in drug court?

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- To accept the fact that your life isn't yours and that the decisions that are made are made for your benefit.

(...)

And you don't have to agree with it, you just have to accept it. That's what it's about. And right now, what I, my frame of mind is my higher power drives my bus, drug court runs my life, and it's just my job to put them together. - Oh, what a beautiful saying, I love that. - Thank you. - But back up just for a minute, what is it that the resistance, what is the resistance that they're having? - The fact that they wanna do what they wanna do. - They're still wanting to use.(...) - Well, it's not, you know, it's not even that because it's like, for example,(...) if you're my mother and you have a substance abuse issue and you're clean now, but they want you to UA.

(...)

- Me? - Yes. Oh yes, they will do that with family members. So you won't UA or you UA and you fail, they're gonna put a no contact order between us to protect me. And I violate that no contact order by contacting you because you are my mother.(...) And I don't agree with it. Well, then I'm gonna go to jail.

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- Oh,(...) I didn't know that. - Yes.

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And I can understand because family is gonna be your,(...) most people's number one fall down. - That's true. What if we had, where, you know, they have supervision with parents, meet with their children, they're supervised. What about having supervised family visits?

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Is that an idea? - Well, they have a class that's held once a month and it's for families and you can get special permission to bring the family, if you have no contact order with them, to bring them to that class. - But it is a good idea maybe to stay away from family members for a while. - Yeah, yeah. - You know, because some of them can be very toxic. - Yes, they can. - I wanna go back to your children.(...) There's a program called Allotine. I think we talked about it a little bit. It's one area in our society that is not touched on. It's very little. Is there any help in drug court for the kids? Can they get into any counseling? - There's nothing that I'm aware of. That's a pretty good idea. That was one of the other things that I thought about,(...) not with the teens, but with the issue that I had.

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I know that for me that I wanted help before I got arrested(...) and had absolutely no idea where to go to get help.

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And I cannot, right now, think of it anywhere

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other than a 12-step program,(...) but somewhere that's, hold you accountable a little bit more without actually getting arrested.

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- Oh. - So I would like to start something like that. - Oh, the person doesn't, they say they're getting in trouble, they're heading down the road and they go, "I need help." - Right.(...) - You guys are by a treatment program. - Some sort of treatment, well almost like a treatment, but if you think about it, there's,

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you have, like people who have money, they're gonna have insurance. Their insurance will pay for rehab. - But if a person wants help, there are phone numbers. There's places that will help them. I'm kinda confused what you're talking about. - That's what I'm talking about. I mean, what numbers can you call? I mean, how do you get that information?

(...)

- About where to go for treatment? - Yeah, but the treatment costs money.(...) So if somebody doesn't have money, because-- - Well, I'm not prepared to give out those numbers right now. - Well, no, I don't know. - There are numbers.

(...)

This department has a list. They do, they keep a list down there. - Well, I know that when I was using the police department, it's gonna be the last place I'd call. - Yeah, that's true. - You know.(...) (laughs) - So, well, I know there's a self-help manual. It has a list of a lot of places.

(...)

- So you're suggesting the city maybe has a sign? You want to drink and use, call this number maybe at Baltimore? - No, I'm suggesting-- - Are we brainstorming now some ideas? Is that what we're doing? - I'm just kinda along the lines of the, you know, what I was talking about, about the drug dog coming in and cleaning out the house. You can call them and say, "I'm done using. "I know I need help."

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And-- - But the majority of people would end up, most of them, when they're ready, they'll call a 12-step program.(...) Because that's where you get the help.

(...)

- Well, if they don't know about it though, they don't know, just some sort of-- - Well, they don't know about 12-step programs. - Right, because like me, I knew there was AA. I didn't have no idea where to look or, you know,(...) first, I never even thought about it. I had family and stuff that had been in a 12-step program, but I had absolutely no idea how to find them.(...) - But how did you, you didn't end up finding them, except for through drug court.(...) - Through, yeah, well. - After getting arrested. - Well, and so they did a service, good service for you, didn't they? - Right, and I'm glad. - But I think you're talking about like, in the newspaper, more media, more availability. - I just look at help. I mean, I remember when I was a kid, we had, you know,(...) people coming into the schools, and, you know, they would talk about using drugs. They would talk about stuff like that. - Yeah, I'm sure they're doing that in the schools. - I have not heard my children want to say anything about that. We're not reaching our kids, we're not helping them, and it's really sad. They hold on, it's my fault mom and dad was an alcoholic.

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There's a lot of problems around children that we need to start addressing them. And I wanted to start a group doing that. There's a book I'll tell you that you can get for your children, for you and your children. It's called "The Elephant in the Living Room."

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And it's, there's an elephant in the front room. We're gonna start talking. It's okay to talk about it now,

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because that's the main thing. That's one thing that I have definitely done with my children. We talk a lot, and my oldest son has issues with communicating feelings and what he's thinking. And I will actually walk him through a thinking report(...) and play that whole tape out in his head so that he can see and he can understand and he can relate and associate things to where he can understand what's going on with himself. - That's wonderful, because they hold in it's their fault somehow. Mom and dad were drinking and

using because of me and it's, they don't know it, but that's what they're holding on to. But anyway, thank you so much. - For coming today, it's a blessing.

(...)

I'm so proud of you, you're doing so good. - Thank you. - Thank you. - You hang in there. If you ever need help, you call me. You got my number, 24 hours. - Okay. - I'm sleeping, 10 of them. And if you're out there struggling today and you feel like you're never gonna make it and you feel hopeless, great. I think that's a good thing, because now you can maybe get some help. As long as I thought I could get away with this or get away with that and I could do it myself, I never could stay clean and sober. When I hit that place where I knew I needed to help, it started to work and it's been working for 35 years. So I'll stay in there with this, okay? One more day, well maybe one more minute if that's all you can do. Because your miracle is on it's way.

(...)

- Aww, I'm so blessed to be here today. This is awesome.

(...)

Thank you for having me. - You look beautiful. - Thank you.

(...)

(gentle music)

Episode 34:

(...) (eerie music) (thunder rumbling) - Hello everyone, welcome to Time to Heal. My name is Pam Hemphill and I'm gonna be your host. We bring you the dark side of addiction into a whole new light. Today we're back here talking about drug court. And today we're gonna have Melinda. She's gonna give us a female perspective and what it's like to be going through drug court and all the benefits and how it's helping her. So would you like to start off first by sharing with us what was it like first for you growing up in your drug use history?

(...)

- Well, both my parents had their spouse with drugs.

(...)

They did a really good job of shielding me through it.(...) And I actually only got mixed up into drugs from a boyfriend that introduced it to me as a sexual enhancement.

(...)

- That's interesting. - Yeah, and I went from that to,

(...)

I didn't like the feeling of coming down. So I chose not to. So I just used on a daily basis and-- - Now how old were you when this happened? - 32.

(...)

- How'd you keep from using until 32? - My parents did a really good job of shielding me from it.

(...)

- Were you the only child? - I am not. My older sister took care of me.(...) She was the one that took the burden of raising me when I was younger when my mom was using.

(...)

And then we moved in with my dad when he got remarried.(...) She chose to stay there and I moved back with my mom. And by that time, my mom was clean.

(...)

For the most part, she dabbled here and there.(...) And it wasn't until I was adult and started using myself to actually seeing what was going on. Now I can look and go, oh, that's what that was.

(...)

But I didn't know it at the time.

(...)

- So growing up though, you didn't get any trouble to go to juvenile hall or have any of those problems? - I was arrested once as a minor for breaking and entering. - Oh, not drug related. - Oh, no, no. - Normal type childhood. - I don't know if I'd go as far as the normal childhood, but a separate home, my parents were divorced when I was four. So I came from a broken home and had the spouts. I've been the oldest child, the youngest child, and the middle child, depending on where I lived, with what family, at what time.

(...)

- So what happened that got you into drug court? - I was arrested February or January and March of 2010,(...) both for possession of methamphetamine.

(...)

And I was put on probation.

(...)

And at the end of my, almost at the end of my probation, I got violated for associating and using.

(...)

And my probation officer said, "These gotta be a really good idea if I went into drug court." So when I was violated and I'd taken into custody that night, that was the intent.

(...)

And I can't be happier.

(...)

My mind said, "This program is just,

(...)

it's got me in a better place than I have been my entire life, including before I've ever even touched drugs."

(...)

- That's saving a lot of lives. - If you want it, that's one of the biggest things is if you're ready to change, if you want that change,

(...)

drug court's gonna make it happen. - You know, a lot of people talk about drug court and say that it's just way too much for them to handle. It's very stressful, all the requirements. How do you handle it? - I wanna change.

(...)

And I'm really good at time management.

(...)

I have two minor children. I have an adult child. I have a grandbaby. - And you work. - And I work. And I have a father that needs me. He had a stroke four years ago.

(...)

And I love him very much.

(...)

And he requires a lot of, I shouldn't say requires, I love giving him my time.

(...)

And I'm very stretched thin.

(...)

And I do it anyway. I also have a sister and a brother-in-law that I spend a lot of time with. My mom lives out of town. I have an older sister, I don't see very much.(...) I've got a lot of support and a lot of family. And I take pride in that. - So how long has it been now? How long are you clean and sober? - Six, almost seven months. - Oh, that's wonderful. Wow. - Yeah.

(...)

The longest I had, this is gonna be a little difficult, was eight months. Because when a condition of my bond was that you ate twice a week.(...) So I you ate twice a week for eight months. And I never touched anything. I never, I didn't even go anywhere near it. And the one question I had to myself was,

(...)

if I relapse, if I pick it up once, am I gonna be able to put it back down?

(...)

And so within an hour after my last UA, I got high for two days and hit it. - And again, what do you use when you get high? - F-amphetamine. - And that's been your drug insurance? - Absolutely. - Over alcohol? - Oh yeah.

(...)

I never considered myself an alcoholic.

(...)

The correlation between the two has been apparent to me now. Just,(...) you know, like medical reasons and stuff.

(...)

I've got alcoholics in my family, several,(...) about every addiction, gambling,

(...)

have, drugs, alcohol. - Have you ever heard of adult children of alcoholics? - I have.

(...)

Never engaged in anything.

(...)

- It's a recovery program. - Right. That's for the families of, right? - Those that were raised with alcoholic genetics.

(...)

- No, I never engaged in anything like that. Like I said, I wasn't aware that my family was doing anything, you know, when they were,

(...)

until much later.

(...)

So, and they did a really good job of shielding me from it. So I appreciate that because, compared to my sister, I had a very normal childhood, comparatively.

(...)

- When you get a chance, there's some videos, John Bradshaw, it's what I would recommend to watch on YouTube.

(...)

He explains the shame-based in some of the problems that happened as a result of being raised in a home where the parent was either an alcoholic or a drug addict. That's something we'll talk again more about, but let's go back to the drug court experience. Didn't mean to get us off target.

(...)

If you start feeling this, this is Brian.

(...)

- Hi Brian.(...) - I bring him on the show in case you, one of my guests gets depressed and feels insecure or nervous. Do you? - No. - You feel okay? Do you want to hold him? - I'm fine. - Okay. - I don't think it's a rejection problem. - No, no, I'm very self secure. - No, him, he gets feelings hurt. - That's okay, he can handle it. He's working the steps. - You want me to hold him? - No. If you start crying, I'll give him to you. - Okay. - Okay.(...) (laughs) - Well, he overdosed on LSD. - Oh, I shouldn't tell that. - He should tell his own story. Anyway, back to drug court.

(...)

(laughs)

(...)

- What would you say is the biggest barrier for participants are having that's creating this problem where they drop out? - Accepting the fact that they don't have control of their life.

(...)

- Oh, that's a good point. - Because drug court takes control. They tell you where to go, when to go there.

(...)

They tell you when you can go to the bathroom. - Okay.

(...)

- You call the UA line every morning.

(...)

And if your color is called, you are to be down there before 9 a.m.(...) They don't care how you do it,

(...)

as long as it's legal, and you do it every day. - But you're aware of all this before you sign up. - That's right. - So you made a choice. - I made a choice, yeah. Drug court's a volunteer program. - It will not mean you per se, but. - It is a volunteer program. You have the choice as to whether or not to be there. - Why do you think they have it that strict?

(...)

- Because whatever choices you were making before laid you to the path of drugs and alcohol, and so those choices are no longer yours. - And you know, one of the problems they say with this alcoholic semantics is we're undisciplined people. We don't like discipline at all. We're undisciplined. So learning some discipline is not a bad idea. - Well, in the core, well, one of the things I believe, the way it was explained to me was whatever decisions we were doing is not working. So they want to take you out of your element. They wanna put you in something that's unfamiliar to you and teach you how to cope with that. They wanna look at the issues, the reason why you use.

(...)

You know, whatever you're covering up, they want you to figure that out and heal from that because when that wound is healed,(...) it really helps you stay away. I mean, if you're raped as a child and you use drugs or alcohol to cover that up,(...) then that means you haven't dealt with that problem. So it's dealt with the problem. Let's get you healed. Let's get forgiveness or whatever it is to make you feel better and then go from there. - So they address this in the individual and group counseling? - Absolutely, they do. - Because they talk about that in our big book. You know, alcohol is only about a symptom. - That's right. - So we get to the underlining problems. - Right. - Okay, so this is a culture shock, you can't understand. I've been drinking and drugging all my, these years, and now I'm into this drug court. Have you experienced that? It was like a shock. It's like all of a sudden, your whole life has changed. - I knew what to expect already.

(...)

I'm the type of person where I don't like surprises.

(...)

So I did a lot of investigating. I talked to a lot of people.

(...)

I knew people who were in drug court recently and actually they got kicked out and are in prison.

(...)

- Their choices. - That was their choices. And I think that's the hardest thing is people don't, they don't want to, they want to be in the program but they don't want to do what they're told to do. - Accountability. - Right. So people don't like living at the mission. Well, you don't have a job. You don't have sober family or friends or somewhere that's safe for you. So living at the homeless shelter is where you need to be.

(...)

- Did they allow that? - Absolutely. That's the number one place they will go. - Okay.(...) - And I have, I've been very lucky because I have sober family members.(...) You know, all my family local is sober.

(...)

I have a vehicle, I have a driver's license. I have an income. I had a job for three years before I got violated. You know, my job was thrilled to have me back.(...) You know, so I can say that I've been completely blessed. Also been completely compliant. I understand.

(...)

My life's not my life. And you know, I have my two minor children that live with me. They go to my meetings with me all the time.(...) I spend too much time away from them between work and classes. Any opportunity I have to take them with me, I do.

(...)

- How do your children feel about you being in your court and being gone all the time?

(...)

- They don't like me being gone all the time so much.

(...)

But I worked during the day when they're in school

(...)

and every Sunday is our day together.

(...)

So every Sunday we stay together.(...) - That's important. Keeps a special time just for your children. - It does. - Have you ever heard of Alateen? - I have.(...) That was actually recently brought up to me. And my son, my boys are not quite open to the idea.

(...)

Just yet.

(...)

I have to say that I honestly did a really good job of shielding them. Because we've had so many conversations

(...)

over the last several years about my using and stuff like that.(...) They really had no idea.

(...)

And even my sister, she's 14 years younger than me, she lived next door to me and had no idea that I was using for a year.

(...)

- And we're good at hiding it, aren't we? - Yeah, sometimes.(...) My mom knew right off the bat. She didn't have to see me. She just knew my activity. She just knew.

(...)

She bested me on it. - If you had a magic wand,

(...)

are there something you could change or help the drug court, what would that be?

(...)

- I am so glad you asked that, Pam.

(...)

I recently moved into a house.

(...)

And this isn't like drug court per se, and I found a number of paraphernalia in the house.

(...)

And at first it was just in the storage.

(...)

And I contacted the, I actually contacted the home owner when my sons were cleaning it out. And I looked down and seen a home made meth pipe.

(...)

And the homeowner was already on her way there. She started cleaning out a little bit more and found three more meth pipes. - This is a house you just moved into. It was already there. - Yes, yes. It was the previous tenant stuff who had moved their stuff out. And I actually had to move. - Was that a trigger for you? - No, I got mad.

(...)

And then after that, which I notified the PO's and everything,(...) I did whatever steps I needed to keep myself safe. And then I got a little bit of a shock and then about a week or a couple weeks ago, underneath the crawl space in my tub was a baggie. And the corner of it was methamphetamine.

(...)

And I had requested that the drug dog come in and then I was informed that there was a possibility that I could be charged.

(...)

And I was not thrilled with that. So at this point I would like to start a program where people who are moving into a house that is maybe not in the best neighborhood or they may not even think about it, they start moving in and finding things where they actually can have a drug dog come in to their residence and not get charged. - That's an excellent idea. - Thank you. - Plus for some it could be a trigger. You don't want that to happen. - Absolutely. - So before they move in, they'd have the PO come out with a drug dog, sniff it out and get it all cleaned up before they moved in. - Right, or like in my case, I was already moved in and I've got four storage units on the property. It's a pretty good sized property.(...) And all of the stuff belongs to the other tenant. It's still not cleaned out.

(...)

And I would have never thought to put anything in a crawl space under a tub. - Yeah, that's a very good point. It definitely needs to be looked into. - Right. - Back to your recovery. What are you doing for your recovery? - I am currently in 12 step program.

(...)

I go a minimum of two times a week.

(...)

- Is that ordered or? - That is ordered. - Can you go more? - I can. - If you can. - Yeah, and I do sometimes.

(...)

I love the program.

(...)

I love the people that I've met and just talking to everybody. When something happens and I get mad, I can go in there and share and I can vent. Or when something good happens, I can go in there with smiles and everybody smiles with me. And I just, I love that feeling.

(...)

In drug court, I'm taking classes.

(...)

I also do some self meditation.

(...)

And it's very therapeutic spending time with my dad.

(...)

- The inner service always helps a lot. - It does. - What if you were agnostic and didn't believe in a higher power and didn't want to go to the self help program? Would you still have to go? - Yes. - You do? - Yes. - Because there's smart recovery which is a cognitive behavioral type program. They don't mention God in that program. Can they go to their PO though or the courts and say I'd rather go to smart recovery or celebrate recovery or some other program? - I am not sure to be honest with you. - I have to find out. - That's a very good question. - Because a lot of people don't want to go to AA per se. I don't know if I supposed to have said that. 12 step program, they don't want to be ordered there. Just curious about that. But so far for you-- - You know what, honestly I think it defined, it just says 12 step program. It doesn't define which one. - Oh, okay. So they'll probably give them a list of everywhere else they could go. - I'm sure they do. - Yeah, I'm gonna find out, that'd be nice. But for you, the 12 step spiritual program has been working.

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- To accept the fact that your life isn't yours and that the decisions that are made are made for your benefit.

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And you don't have to agree with it, you just have to accept it. That's what it's about. And right now, what I, my frame of mind is my higher power drives my bus, drug court runs my life, and it's just my job to put them together. - Oh, what a beautiful saying, I love that. - Thank you. - But back up just for a minute, what is it that the resistance, what is the resistance that they're having? - The fact that they wanna do what they wanna do. - They're still wanting to use.(...) - Well, it's not, you know, it's not even that because it's like, for example,(...) if you're my mother and you have a substance abuse issue and you're clean now, but they want you to UA.

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- Me? - Yes. Oh yes, they will do that with family members. So you won't UA or you UA and you fail, they're gonna put a no contact order between us to protect me. And I violate that no contact order by contacting you because you are my mother.(...) And I don't agree with it. Well, then I'm gonna go to jail.

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- Oh,(...) I didn't know that. - Yes.

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And I can understand because family is gonna be your,(...) most people's number one fall down. - That's true. What if we had, where, you know, they have supervision with parents, meet with their children, they're supervised. What about having supervised family visits?

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Is that an idea? - Well, they have a class that's held once a month and it's for families and you can get special permission to bring the family, if you have no contact order with them, to bring them to that class. - But it is a good idea maybe to stay away from family members for a while. - Yeah, yeah. - You know, because some of them can be very toxic. - Yes, they can. - I wanna go back to your children.(...) There's a program called Allotine. I think we talked about it a little bit. It's one area in our society that is not touched on. It's very little. Is there any help in drug court for the kids? Can they get into any counseling? - There's nothing that I'm aware of. That's a pretty good idea. That was one of the other things that I thought about,(...) not with the teens, but with the issue that I had.

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- Oh. - So I would like to start something like that. - Oh, the person doesn't, they say they're getting in trouble, they're heading down the road and they go, "I need help." - Right.(...) - You guys are by a treatment program. - Some sort of treatment, well almost like a treatment, but if you think about it, there's,

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you have, like people who have money, they're gonna have insurance. Their insurance will pay for rehab. - But if a person wants help, there are phone numbers. There's places that will help them. I'm kinda confused what you're talking about. - That's what I'm talking about. I mean, what numbers can you call? I mean, how do you get that information?

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- About where to go for treatment? - Yeah, but the treatment costs money.(...) So if somebody doesn't have money, because-- - Well, I'm not prepared to give out those numbers right now. - Well, no, I don't know. - There are numbers.

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This department has a list. They do, they keep a list down there. - Well, I know that when I was using the police department, it's gonna be the last place I'd call. - Yeah, that's true. - You know.(...) (laughs) - So, well, I know there's a self-help manual. It has a list of a lot of places.

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- So you're suggesting the city maybe has a sign? You want to drink and use, call this number maybe at Baltimore? - No, I'm suggesting-- - Are we brainstorming now some ideas? Is that what we're doing? - I'm just kinda along the lines of the, you know, what I was talking about, about the drug dog coming in and cleaning out the house. You can call them and say, "I'm done using. "I know I need help."

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And-- - But the majority of people would end up, most of them, when they're ready, they'll call a 12-step program.(...) Because that's where you get the help.

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- Well, if they don't know about it though, they don't know, just some sort of-- - Well, they don't know about 12-step programs. - Right, because like me, I knew there was AA. I didn't have no idea where to look or, you know,(...) first, I never even thought about it. I had family and stuff that had been in a 12-step program, but I had absolutely no idea how to find them.(...) - But how did you, you didn't end up finding them, except for through drug court.(...) - Through, yeah, well. - After getting arrested. - Well, and so they did a service, good service for you, didn't they? - Right, and I'm glad. - But I think you're talking about like, in the newspaper, more media, more availability. - I just look at help. I mean, I remember when I was a kid, we had, you know,(...) people coming into the schools, and, you know, they would talk about using drugs. They would talk about stuff like that. - Yeah, I'm sure they're doing that in the schools. - I have not heard my children want to say anything about that. We're not reaching our kids, we're not helping them, and it's really sad. They hold on, it's my fault mom and dad was an alcoholic.

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(...)

because that's the main thing. That's one thing that I have definitely done with my children. We talk a lot, and my oldest son has issues with communicating feelings and what he's thinking. And I will actually walk him through a thinking report(...) and play that whole tape out in his head so that he can see and he can understand and he can relate and associate things to where he can understand what's going on with himself. - That's wonderful, because they hold in it's their fault somehow. Mom and dad were drinking and

using because of me and it's, they don't know it, but that's what they're holding on to. But anyway, thank you so much. - For coming today, it's a blessing.

(...)

I'm so proud of you, you're doing so good. - Thank you. - Thank you. - You hang in there. If you ever need help, you call me. You got my number, 24 hours. - Okay. - I'm sleeping, 10 of them. And if you're out there struggling today and you feel like you're never gonna make it and you feel hopeless, great. I think that's a good thing, because now you can maybe get some help. As long as I thought I could get away with this or get away with that and I could do it myself, I never could stay clean and sober. When I hit that place where I knew I needed to help, it started to work and it's been working for 35 years. So I'll stay in there with this, okay? One more day, well maybe one more minute if that's all you can do. Because your miracle is on it's way.

(...)

- Aww, I'm so blessed to be here today. This is awesome.

(...)

Thank you for having me. - You look beautiful. - Thank you.

(...)

(gentle music)

Episode 35:

[MUSIC] Hello everyone, welcome to Time to Heal. My name is Pam Hemphill and I breathe the dark side of addiction into a whole new light. And today we're honored to have a very special guest with us. His story is just a miracle. You're gonna be amazed when you hear what he has to share with you. And so I wanna get started right away and have him introduce himself to you and start sharing his story.

(...)

Pam, thank you. My name is Hilar Nina and I'm a recovery alcoholic in Attic.

(...)

And I have been sober over 17 years.(...) And happy to be here on your show today.(...) 17 years, that's a miracle. Thank you. Tell us a little bit, where were you born and where is? Okay, I was born in Albania. Albania was a communist country and we were born very poor. And my father was an alcoholic.(...) And then I was there till about 16 years of my life until I escaped to another country. You escaped, what did you escape?

(...)

Albania, it's like North Korea, it's very close behind the Iron Curtain. That's what they used to refer them at that time.

(...)

So I escaped to Yugoslavia. By yourself or with you? By myself. Was your father still drinking at the time? Yes, actually for the time being he was about six months in jail.

(...)

He had some issues with the government.

(...)

But then he did die drinking at 68 years old.(...) Yeah, my father died from that, all of a sudden too.

(...)

It's a hard one. I think pear falls under the pear tree, I guess.

(...)

So when you escaped and you went over there, what happened then? Well, I was in Yugoslavia for a brief period of time. And then I was accepted by United States as a refugee through whatever mechanisms they had.

(...)

Through United Nations. And then I came to Boise.(...) Were you drinking as a young teenager? Oh, absolutely.

(...)

Because of my political activity and my openness with fighting against the government in ways that I could, I was really in danger. I was suspended from school indefinitely and was prosecuted and being pursued and followed until I escaped.

(...)

And then I was in a time of loneliness and despair. Drinking was the only one thing that kept me functioning and surviving. How did you survive? Were you living with people or what? In Yugoslavia, you mean? No, I was taken by United Nations and they kept us about six months and then we moved on to United States.(...) So where did you come in the United States? I came in the United States on November 3rd of 1988.

(...)

Oh, okay.(...) And then what happened when you came here? And then when I came at that time, I had been drinking. Really, I didn't know what life was all about because I had been drinking. I didn't care about family or anything. And then at that time, when I realized that we're born and we're going to die, I went through a very deep depression that I couldn't shake off for a couple of years at that time. And all I did was just drink to survive.(...) I truly think even in Yugoslavia, when I left my family and in the United States initially, alcohol saved my life because I forgot everything.(...) But then it turned against me, you know, where I became suicidal.(...) I was in Boise for the first time when I was living in a bedroom apartment where the ceiling would kind of cave in on me in the morning. And I just didn't have any desire to go on, you know.

(...)

So life without or without alcohol was difficult, you know. Yeah. What happened with your family? In Albania. Well, after I left Albania, my mother thought that I was dead for about three, four years before they found out that I was alive because I would send letters from Yugoslavia, initially from the United States. The government withheld those letters. And so my mother really thought that I had been into wall escaping. I had been devoured by some wild wolves or bears or something in the border. And the government knew that I had escaped, but they would never tell that, you know.

(...)

So that was painful for her, as I can imagine. I have kids on my own now. And imagine losing your son and not knowing what happened, you know. Did you get any illegal trouble at DUIs? Yes, yes, absolutely. I have a couple of, well, actually I have one DUI, but I fought off another one, you know. Well, I had a good attorney and I got off on inattentive driving, you know.

(...)

But the first one was DUI, but I was always drunk. I drove drunk many, many times. You know, just like you drive drunk and you look outside the next morning, the car is outside and I say, "How in the hell did it happen?" You know, seriously, I vaguely remember.(...) So yeah, I did what alcoholics do, you know. You don't think and you do stuff. And it got really bad, you know. Did anybody ever come to you and say you had a problem?

(...)

Yes, yes. I was in Wyoming.

(...)

Something had happened over a weekend and I was locked up in jail for a couple of days.(...) And then somebody, a close friend of mine, she dropped a book of Alcoholics Anonymous in the cell. And then many years later, when I sobered up, I realized that she was trying to give me a message that I had a drinking problem, you know. For the longest time, you know, people would say, you know, talk about God and all this tough stuff, you know.

(...)

And I didn't see how God had to do with my job or anything, you know. But then, much to my relief, I realized it. It was all connected, you know. I mean,(...) alcoholism or alcohol is just a symptom of my disease.

(...)

My disease centers in my mind and it's selfish and self-centered.(...) And then if it's not fed,(...) it really puts you through anger, you know. And so, you know, the problem is life, you know, or living sober without anything or any aid to cope with. It was a difficult thing because I never learned how to live in a normal life, you know. I don't even know what normal is today. I'd have to be cycling a machine of some kind.(...) Well, where do you come from? How would you know? No, I wouldn't. I wouldn't. Often enough, I tell my wife, I tell her how we did not learn how to cope with life, you know. It's just like, how did we miss all that stuff? Well, we did because my father was a drunk and my mother was working all the time to support us because he would drink the money and would suffer her food. I mean, you know, I'm telling you when I escaped Yugoslavia, you know, in Albania, I would see a chicken walking and not salivate just because we were so hungry. And just my mother would just like borrow money on Friday and have to pay back the next Friday without even having enough money to survive for the next time, you know. You know, Albania was communist and men, the people that lived in the villages.(...) We supported the whole country with potatoes and wheat and everything, but we were the poorest of all, you know. I mean, I'm telling you, suffering for food, something that most people around here do not know. Oh, it's a squirrel here, I know, huh? Yeah, exactly.(...) Even people that don't work, they get food stamps. At least they get fed somehow.

(...)

You know, we didn't have nothing, absolutely nothing, you know. A food bank here? Yeah, all that kind of stuff. I'm not going to starve here. Yeah, we did starve, I'm telling you. I know starvation, the first sign then. And you know what? Because of that, I provided abundance for my family and I've spoiled them as a result of the other hand, and I don't think that's healthy either. Well, that's okay, well, balance will come. Yeah. So when she gave you this book, "You're in jail," what happened after that? Well, then I moved

back to Boise after that, and it was like this. I would be working, getting a job. You know, nobody quite fired me. I always quit before they could, because I built up to that as a result of alcohol, you know, alcohol use and wrong decisions that I made. But it was automatic, though. Initially it was automatic. I'd not get a page and I'd go drink, and that's when I had crossed that invisible line from regular knife to addiction, to alcoholism. When it's automatic anymore, you know, you get paid and you go to the bar, and often enough I would spend my paycheck in the first night and not having money to pay rent or car or anything.(...) And then,(...) as I was telling you, I was at this coffee shop downtown, and there was this gentleman there, he was at Vietnam vet,(...) and we connected there, and I asked him, "What does he do?" He says, "He's in recovery." And he said, "What kind of recovery?" You know, and he said, "Recovering from alcohol and drugs." And I said, "You mean you can do that?" I didn't know that.(...) Let me backtrack a little bit back in Wyoming.(...) You know, the judge sent me to get some evaluations. These recovery groups needed money from me and all that stuff, and I didn't go. But then, this guy said, "You know, you can go to 12-step meetings, and it's free of charge," and all that stuff. And then, when I went there and all these people shared, I connected.(...) You know, I'd always died who I was all the time, try to, you know, pump up my story so I could look more important and all that stuff. And I came to a group of people where they were honest, you know, and I could hear, they were telling, you know, the stories in a very, very honest fashion. And I was hooked, you know, even though he took me about another probably good six, seven years to sober up after that. But I had brief times that I sober up for a while. I would build everything up again, and overnight I would destroy it, you know, for sure, you know. And it's just like that's how it was for a long time, you know.

(...)

And that's it. Well, you definitely qualify for having an alcohol problem, don't you?

(...)

I have never doubted that. And you know what? I'm relieved today that I know that. Because the most difficult part for anybody in recovery is realizing that the problem does exist.

(...)

And once you realize that the problem you have and you accept it, and then you know that, you know, then the program came in really nicely, you know. It's like this. God has always protected me all throughout the years. I can look back. I was always carried by hand in my most difficult situations.(...) And I never really connected those dots until later that that has been God all along, you know.

(...)

Somebody said in one of those 12 step meetings that God protects schools and drugs, and I'm both of them. Were you raised a certain religion? No, no. In Albania where I came from, there was no religion. The communist government was in charge, and you could worship them. And people that did believe in something, and if they prayed, they were arrested and put in jail for a long time, you know. So they prevented religion.(...) So I grew up, literally, I grew up religionless, you know.

(...)

But not completely, I mean, you know, because the older folks, grandparents and stuff, they always believed in something and prayed. And we did have the seeds of,(...) you know, higher power, what was called, you know, 12 step programs.

(...)

But that did not become apparent to me much later, you know.

(...)

So where were you living in Boise when you came into the program then? Yes, I was living in Boise. I'd finally moved into Boise. I was done with all my geographical, you know, and then I came to Boise to go back to college, you know.(...) And when did you meet your beautiful wife? I met my wife in 1994.(...) Albania had changed, and I went back, and that's how we met.

(...)

And you two have been married?

(...)

Well, I mean, by paperwork, we've been married since 1994, but in reality, we got together in 1999. That's a lot.

(...)

She's beautiful. Yeah, I feel sorry for her. She had to put up with me all the time. You got married here, and then, did you go to college here? Yes, yes. I have two undergraduates and a master's. I went to college for eight years, the first undergraduate from 1991 to 2000, pretty much eight, nine years.

(...)

And I was drunk, and I couldn't graduate. And I dragged and dragged and dragged. I just didn't give up. Really? And then I worked out of college in 2000, and I've been three years sober at that time.

(...)

And I said, "What the hell did I just do?" I wasted all the money with a GPA of 2.06 or something.

(...)

And I was disappointed. However, I had graduated with all my drinking problems. But if I didn't quit my last three years, I probably would have never graduated.

(...)

Alcoholism took a toll on me. Sounds like God did it. Yeah, God did it for me, and that's what I'm saying. He was always there, and I just didn't acknowledge or didn't have a clue at that time.(...) You are truly a miracle. And look where you are now. Will you tell them about this business and how you've got stuff?

Yes, yes. So I have two undergraduate degrees, one in information systems. That was my first one. Then I went back in 2007, and I got my undergraduate in accountancy. And with that, I got 3.6 GPA.(...) A year later, I got my master's degree.(...) And master's of taxation. Tax was what I always wanted to do. I practiced for 15 years, but I just didn't have the credentials. And that's what I wanted to do after I got out of the first undergraduate. I just wanted to go back to get in on my master's or something. But the GMAT was very difficult for me because I'm from another country, and language was a problem.

(...)

But I did.(...) Finally, I got that compensated to some other...(...) That's why I wanted to get my second undergraduate, so I could boost up my chances of getting accepted in the master's program.

(...)

And then after that,(...) I became an enrolled agent,(...) which is tax-related. Enrolled agent is the person that either works for IRS for a long time or you have to pass some very hard tests, three hard tests, before they can certify you to practice before the IRS. And also I got my CPA license.

(...)

And then ever since, for the last pretty much...

(...)

The last five years, I've been doing taxes and representing people in front of the IRS.(...) I do corporate taxes, partnerships as a corporation, individual.

(...)

I represent people with examination issues in front of the IRS, local IRS, national.

(...)

In person and male correspondence.(...) I represent people in a collection two process, which includes negotiation of the IRS, offering compromise, installment agreements.

(...)

That's the IRS portion. And the other part that I do is I work with the local states. People have residency issues and various state issues. Oregon, Idaho, Utah,(...) Montana, but Washington and Wyoming and Nevada don't have any state income taxes. But I represent all the state income, any state in the United States, as a matter of fact. But more California and North Dakota, all these other states that people kind of entangled unknowingly and have a good success rate on that.

(...)

Just look at you, this business, your wife, your children, what a miracle. There's a lot of things, you know, in the program they always say if you keep coming back it gets better. Well, for you... For me, it has

gotten beyond my wildest imagination.(...) You know, when I was drinking out there, I always thought that, you know, somewhere I'd meet somebody, they'll give me a chance or do something. That didn't happen.

(...)

I had to sober up. I had to do the work. And I gave myself a chance with God's help, of course. I built everything on my own. Nobody ever came through that somewhere around the corner my life would turn. He never did. I had to do it with God's help slowly.(...) And yes, it is beyond my wildest imagination. Whatever I've been given and dressed with, not many people get in the lifetime, even born here, you know. And I came. I'm a newcomer to the country.

(...)

I know. Do you do any work with new people in the program?(...) Yes, yes. I recently,(...) my sponsors have dwindled down a little bit because I've been involved more with my business and stuff. But I do have a couple of people that I work with on a regular basis and, you know, I always make myself available to others for questioning or guidance or whatnot.

(...)

I'm always helpful. It's just sometimes in life you can sponsor more and sometimes you can sponsor less. It all depends. And I'd love to go back and be in the 12 steps more involved than I have been recently, but between family and business and this and that and the other. So that has limited me only to meetings for myself and limited interaction with my sponsors, you know.

(...)

Well, you know, my sponsor always used to tell me, "Give what belongs to the job and give to the family what belongs to the family." I wish that was that easy. They're not easy compartments. You've got to be careful. Balance is what you're... Because if I give too much in one area, I'm going to leave out the other and then in the long run,(...) I'm not really working a program. I'm just into workaholics and we've got to be careful. I own a business once and I was doing 60 hours a week.

(...)

I still went to meetings, but I... Here's the deal. I'm a tax accountant. From now until April 15th, it's busy.(...) It's busy. And now, even if I didn't work for myself, if I worked for somebody else, I can assure you I'd be working 12-hour days.

(...)

So you've got to work somewhere where it's for me or for somebody else. This happened to be for myself. However, though, I do bring my family here at work. We go to dinner. I mean, I compensate. I take them out and I'm always available. I pick them up from school and back and forth. You know, I would love for things to slow down so I can go to meetings because here's the deal. A friend once said that if I put recovery first class, everything else I do second class becomes first class. And I am very, very well at that. And here, even when I go to meetings,(...) my days are much, much more productive and better. Of course, absolutely. No, I'm just saying that we are just in our recoveries ever since I've been sober. Sometimes we're better. Sometimes we're, you know, tight and, you know, but yes, but yes. I get up in the

morning and I get on my knees and I pray and I ask God and I thank him for all the good things that he has done for me in my life. And then, you know, I do all that stuff and my days are less chaotic, but they're even less chaotic when I go to meetings, you know. And so, no, absolutely. I'm convinced that this is a design for living and sometimes it works better and depends on direct participation that we put in, you know. Well, you know, being an alcohol and drug counselor, just checking.

(...)

Absolutely. No, my wife is a counselor. She's mental health, exactly for me, you know. I'm a mental case.(...) That's the case that she feels unable to do anything about. You know, I just love what you shared, you know, how you're keeping everything in order and keeping the priorities. You got God first in the morning and that's the most important thing. I remember I heard Bill W say one time, if you go the whole day without harming anybody,(...) you've worked all 12 steps.(...) And that's what you're saying.(...) You're living it. The program, sometimes you can work it better than others, you know.(...) But also the good thing about being in the 12 step programs is where you know what works.(...) And you know, you can muscle it out or you can muscle it out there. But then after you get punched, pretty good.

(...)

I can't say that I'm the kind of person that learns fast, you know. I learn the hard way and then I go to the fault, you know. Then I know where to go and what help to get, who do I call and everything.(...) And people call me and that gets me out of myself. So I am in there. I am in the recovery all the time in some way or another. Even doing taxes, you know. When other people owe taxes, you know, then my recovery skills kick in and I try to comfort them. Try to give you other alternatives, you know, whatever. You know, sometimes it is what it is, you know. And dealing with it, it's what you do next. It's how you go and set it up for either correction procedures, installment agreements, just to make it easy for people to survive. I do that and you know,(...) the biggest hit that people can get is financial, you know. The tax bill is the hardest one.

(...)

Let me tell you, if you pay 10, 15, 20, 50 thousand dollars, and all that range and you tell me how you're going to feel, you know. But I get to use the skills and say, look, here's the deal, there's always alternatives,(...) you know. Nobody will get the blood out of turn up, we'll fix it, you know. We'll put them in a path or make an agreement, an offer or whatnot, you know. Just, no, people are usually very happy. My clients have really shown a lot of respect for me and I have committed to them and I still committed to help them out.

(...)

Because that's what I do. I, not only I,(...) you know, I'm not here just for me, you know. I'm here to take care of the public. It's what I can do for my clients rather than what they can do for me. We can kind of support each other in that respect. You are the principal in all your things. Absolutely. Yeah. That's the only way. You know, you come to the program and you become honest and it's very difficult to be dishonest after that, you know. Yeah. I wouldn't even want to go back there.

(...)

We only have three or four minutes left. What would you like to share now with those that are out there struggling that are looking at you going, "Oh, I'd like to have that." But right now, maybe they just got out of jail and they're feeling hopeless, suicidal.

(...)

Well, what, as I always say to the beatings, you know, don't leave before the miracle happens, you know. They can have everything that I have and more because not everybody likes what I have, you know. Maybe people like business. Some people like peace, whatever. You know, the peace of mind is the bigger one, you know.

(...)

Get a sponsor, work the process, follow direction and don't question because our mind is our worst enemy.

(...)

We have always analyzed things but we forgot that the analyzer was broken, you know. And you can't go and self-destruct all the time. The analyzer is broken. Yep. The analyzer is broken. We are incapable of analyzing stuff. Just make that a bumper sticker. And then, thank you.(...) That's a good one. Yes, I appreciate that. I'm not, I don't think anything I said has been original. I've heard it from others before.(...) But so, just stick with the winners. Stay in the program and make an effort as God did. I mean, you know, it's a package.(...) And, you know, I remember in the first, you know, I couldn't sober up initially. And then I said, "I go to the program." And I showed up every night in the meeting and I took responsibility. I chaired the meeting and then I stayed there for two years. Sometimes I wasn't unsure. I was waiting always for the other shoe to drop for me to get drunk. But I didn't, you know. And then I kept staying there. You know, you gotta stay with the winners. You gotta stay within the program. And if you do what you're told and ask God, I think everybody stands a chance. You know, if I can do it, anybody can, you know. And I did go to jail, you know, and people feel so awful. I felt awful. In the first year, I was in collision course with everything and everybody. Because I was sorry that I had wasted all my life and I wasn't staying sober and everybody was successful and I wanted what they had today. And that didn't happen, you know. And then slowly God revealed to me that I needed to come down and needed to pursue various avenues of life, school, and, you know, paying bills and doing the right things and moving forward in the right way. And it eventually happens. Three, four years might seem a long time, but in three, four years, five years, I had child support.

(...)

I was in debt. I was everything. And you know what? That all dissipated. Now I'm looking back, this is how an agony has happened, you know. Yeah.(...) Wow. What a miracle you are. Thank you. Do you want to share real quickly your name of your business again and a phone number in case anybody wants to get a hold of you? Yes. Yes. My business name is Idaho Tax and Bookkeeping LLC. And my phone number is 608-5653.

(...)

Call if you have any tax issues, you know, owing back taxes,(...) being audited, examined by IRS, stayed.(...) I do all that stuff and be more than happy to see what I can do for you. Thank you. You know, I'll be here to have you do my taxes this year. Absolutely. You said it on TV. You better show up.

(...)

Thank you so much. What a blessing you are. Appreciate it. And thank you for joining us today. This is God, what a miracle, you know. And don't give up. Our mind says all kinds of stuff to us. Oh, that would never happen to me. And I'm not good enough. Or how would I ever get the money to do what the program teaches you? Stay in the now. We do this one day at a time. Get yourself a sponsor and let them guide you. Okay. And just know that we're here for you.

(...)

And again, if you need any help with your taxes, now you know who to turn to. And just know that we're here for you anytime. If you have any questions and going through some real difficult time, you can call me too by numbers area code 208-340-3274.(...) And bless you and have a good day and keep coming back because your miracle is on its way.

(...)

[applause]

Episode 36:

(...) [Music]

(...)

Hello everyone, welcome to Time to Heal. My name is Pam Hemphill and I'm your host. On this show we talk about drugs, alcohol, and any addiction that you may be suffering or going through. And today we have a very special guest with us. She is not in recovery, but she is in recovery. But she's not a recovering alcoholic and addict. And she's going to share how she got into the field. She is a certified alcohol and drug counselor. And she's going to be sharing with us some of the holistic approaches in recovery. So do you want to share your name and how you got a little bit about you and how you got started? I will. Thank you Pam. It is an honor to be here. I am so pleased that you asked me to be here. My name is Erin Reynolds and I am a certified alcohol and drug counselor. I'm currently changing that thought to life coach and consultant.

(...)

I came into the field because, well, I was raised in an alcoholic home.

(...)

My mother was an alcoholic. She was the child of an alcoholic. All of her family, other than her mother, were alcoholics.

(...)

And her dad actually committed suicide when she was 21 years old. He drank a bottle of cyanide. And her entire life,(...) she truly believed that he grabbed the wrong bottle.(...) And it was kind of a division in the family about whether or not he had actually intentionally committed suicide or was an accident.

(...)

And she struggled with that. She struggled with that pain. And the days that she was sober, she was my best friend.(...) And the days that she was drunk were days from hell.(...) And it wasn't, it was, she was very, very, very verbally abusive. She was never physically abusive, but she would tell me that if abortions had been safe and legal, she would have aborted me.

(...)

And as I've become an adult and gone through my own issues, I realized that I think what she was saying actually was that I would have been protected from the pain.

(...)

That she didn't want me to go through what I went through in my life.(...) And she loved me. She loved me more than I think. She died in 1988 from liver and kidney cancer, which I believe was in part because of her alcoholism, in part because she was exposed to radiation.(...) She was nine months sober when she

died and was able to ask for forgiveness and I was able to give it. And it was beautiful.(...) I married two different alcoholic men. I've been married twice.

(...)

And the father of my two beautiful daughters is sober today. And I don't know that he's actually working a recovery program. We have been talked in several years. He quit drinking when our youngest went running downstairs to his beer refrigerator.(...) And she was three years old, grabbed a can of beer and met him at the top of the stairs and said, "Here, Daddy."

(...)

And that's when he quit drinking. And it was a huge awakening for me that I had exposed my children to what I never wanted to expose them to. And then when my second husband,(...) that's how I got into the field, he was told that he had to go to inpatient residential treatment by his employer. And I went for family week. And it was an interesting time.

(...)

And the counselor that he had challenged me and was very, in my mind at the time, rude and did not know me and was judging me based on what she had been told about me. And I didn't like it. And I was attending school, going to college at the time, and I thought, "I'm going to show her." So I immediately stopped what I was doing and decided to get my CDC with the full intent of going back and telling her a year later what I thought of her. Do you remember what she was sharing with you? She said that I needed to get out of my marriage, that he was abusive, that he was never going to get better.

(...)

And in group, she told him he was never going to get better, which was very sad. And that I needed to get out of that abusive relationship. That is a very professional, ethical... It wasn't. It wasn't. But the joke was on me, because nine years later, here I am, a drug and alcohol counselor. And I never went back and told her what I thought of her. And now I think a lot of what she said that day was true. He was abusive, verbally and physically. But by the grace of God, he now has five years of sobriety.(...) And he's working a very good program. He's a wonderful, fantastic man. And I love him dearly, and we're good friends.

(...)

Well, that would have been hard to hear, though, because you were here to message her. There's no hope for anyone. So that's not really...

(...)

It was interesting.

(...)

But I am one of those people,(...) thankfully, that the tide is turning, I believe, that we're learning more about addiction. And learning more about that it is not just a disease of the mind, that it is a disease of the

body and of spirit.(...) And I kind of always instinctively knew that. I always knew with my mother that if I could figure out really where the pain came from, where that hole was, that she wouldn't drink.

(...)

And it wasn't just the pain of her dad dying. I think the hole came before that. And somehow I instinctively knew that. And we're learning more and more and more, especially with the men coming home and the women coming home for more, that trauma is huge in addiction.(...) And when people are exposed to trauma and that mind, that brain altering that happens, that we need to address that. So what I do now with my clients and why I was so frustrated in traditional treatment,(...) we're limited. We can't talk to our clients about nutrition and exercise and taking care of themselves in their physical health. We can't talk to them about hormones and getting a hormone check. And we know that so much of what's going on in the brain is hormone related. We know about serotonin and dopamine, but we don't tell them about how they can do that, how they can increase the serotonin and the dopamine and take care of themselves. We're not allowed to as certified alcohol and drug counselors because we don't have a master's, we don't have a doctorate.(...) And that's frustrating, that something as simple as saying, "Did you eat breakfast today?(...) When's the last time that you actually had meals that fit every food group?"

(...)

And that's frustrating. So as a life coach, I can talk to them about what are they doing nutritionally, what are they doing physically, what are they doing for their mind and for their spirit. And that's where AA is so wonderful and I love them, I love Al-Anon, thank God for Al-Anon. And being able to talk to them and find their healing that way. So thoughts have been coming to me lately, I've always been curious why alcohol is the symptom.(...) So there had to be some mental health and other issues going on because of alcohol or drugs or gambling or sex is the symptom. Why have we made it the disease?

(...)

And disease is dis-ease, it's having that unbalance.(...) And for me, for my business with Peace of Gold, it's about finding the balance in mind, body and spirit. It's not just mind,(...) it's not just spirit.(...) It's all three. And Dr.(...) Bob and Bill W talked about that in the 12 Steps and in the Big Book and so many people forget that. They think it's just about the fellowship and they think it's about just about the surrender and it's not.(...) It is so much more. They talked about in the Big Book about taking care of themselves nutritionally and physically and how important that was. And we need to start that dialogue.(...) We really need to start helping people. Pharmaceuticals are not okay. And you know as a drug-and-ol counselor and you go to AA meetings and any meetings and I always get so frustrated when I see that mass exodus of people that they can't wait to get a center at. And as soon as the meeting's over or they're all having cigarettes just before the meeting, including drug and alcohol counselors, they get out of a group or they get out of a one-on-one and the first thing that they do is go have a cigarette. Oh, I'm so grateful for cigarettes. It saved my life for so long. Yes. Yeah. Yeah, right.(...) But cigarettes, you know, truly nicotine is every bit as addicting as heroin. So symptom again. It's a symptom again because they haven't dealt with that underlying cause.(...) So we've seen, you've seen, I've seen people who give up alcohol and drugs and say that they're in recovery and in reality they're not because they're supplementing with sex or bad relationships in my case or cigarettes or food.(...) I'm definitely a food addict. Absolutely. I've had to, I can't eat cheeseburgers. I can't eat cheesecake because if I eat one, I'll eat ten. And there have been days in my life when the pain was so great that I ate ten cheesecakes that I would go and I would order three double bacon cheeseburgers and three large orders of fries and three Pepsi's and drink them, eat it all and then perch it as soon as I got home. So in that way I am in recovery,

but I don't do that today. I have to take care of myself in mind, body and spirit. If I don't take care of myself in mind, body and spirit, I can't take care of others.

(...)

So you're suggesting that they incorporate more of an educational, holistic approach in the treatment itself? Yes. Where they're going to educational classes. I think there's a center coming out. It's a recovery center and they want to do that. Are you familiar with that center? I've heard a little bit about it, yes. Yeah, you may want to look into that because I'm sure they would love to learn about what you're doing. Do you want to share a little bit about your oils? My oils, I firmly believe in the power of the essential oils. I've used oils all of my life.(...) My mother was an RN, but she never liked taking us to the doctor. She didn't like pharmaceuticals at all and even when she got cancer, did not like the idea of going through chemo, so she went through one round of chemo and I didn't do it again.

(...)

And the beauty of the oils is that they're natural. There are thousands and thousands and thousands of years old. There are so many references to them in ancient literature and pharmaceuticals we know are bad. And again, people are getting addicted to pharmaceuticals. They think that they need the drugs to get over the opiate addiction or the alcohol addiction or whatever addiction. They give me a pill and I'm going to feel better.(...) I disagree. I think heal yourself in other ways. And the power of the oils is that you can take them internally or you can use them topically or aromatically and they will calm and they will soothe and they will give that hormone boost in addition to the food and the exercise.(...) What is it that you trigger something in the brain when you smell it? Yes. Aromatherapy. Aromatherapy we've known for a long time that aromatherapy works. That there is absolutely a brain reaction when we smell certain smells and that certain things will actually calm. What we call frankincense is absolutely a miracle oil. And there is a reason that it was given to the Christ child because it heals so many things and we have so much wonderful literature about frankincense and how using it with opiate addiction. And I love the science of that. It is absolutely wonderful for opiate addiction and we know that frankincense and lavender is being used and studied for PTSD and there is an actual wonderful science based website that you can go to. It's called aromascience.com and you can actually search anything on that page dealing with different mental health issues. Or physical issues and see the actual science behind essential oils which I think is a wonderful thing today that is accessible to everybody.(...) So is this what you are going to be going into and doing this and offering this to clients? I am. Yes I do offer it to the clients now. I could not as a certified alcohol and drug counselor in traditional treatment. We are not allowed to do that.(...) One of our ethics is that we can't sell to clients. Oh that's correct. So I don't know, I haven't sold any oils. I tell the clients now about the oils and when they are in session if they are stressed then we will talk about where that stress and anxiety is coming from and I will ask them if I can apply an oil and have really wonderful results from that. You will see the anxiety level come down fairly quickly. Would that be useful when you are having a panic attack? Absolutely.(...) What would you do? What is the technique that you would do?(...) Well with balance this is the grounding blend. This is the blend that is my go to blend and what it does is when you smell it immediately if you open the bottle. You are having a panic attack. So I am going to say Pam, go ahead and breathe that in and then take and drop a couple of drops on your pulse points and then your pulse points behind your neck. Right at the base of the skull and that is going to go right in and you will find that because it might go through the skin the skin is the largest organ in the body and then it immediately goes and starts going to go through the skin. It goes and starts going to every cell in your body within a few minutes and as you breathe and as you focus and listen to my voice and take that in you are going to feel yourself relax. I am relaxing. Don't let me relax too much. Yeah you have a show to do. I like this.(...) Yeah, I do feel it.(...) Oh that's interesting. And depending on you know there is

hundreds of oils and I usually have my box of oils right there when I am doing it. Brian would you like some?(...) This is Brian he over does the nose. The Diddy. Oh yeah.(...) They are very very powerful.(...) Really powerful. Helps you ground. It does. It will help you ground. It will help you breathe.

(...)

and being grateful and what is causing the anger. I think what I find traditional anger management groups are fine but they don't really deal with you know they deal with when you realize that the anger is starting to escalate. What I like to do with remembering how to treat yourself and others if you are staying focused in that. If you are staying focused in the golden rule and saying this is how I would want to be spoken to. This is how I would want to be spoken to.

(...)

To be reacting right now. That anger doesn't happen.(...) It's I used to I used to rage. There was definitely a time in my life where I was a very angry person. I was in pain and when people are in pain they rage.(...) And when they learn that it's okay. They give themselves permission to not be angry to to cope with say I can be mad at this person but I don't need to rage and this person.

(...)

And where is this coming from. What am I feeling inside and what do I need to love inside so that I'm not acting out in this anger. Yeah. And see we weren't taught that. How many of us couldn't even show him an emotion. And that's the problem with so many addicts and alcoholics emotions are not okay. No not okay. That's what I love about this book. This book is actually available on Aromatools.com and it's called Emotions. And it's just page after page after page of the different emotions and the oils and the oil blends that you can use to cope with those emotions. Ginger is the oil of empowerment.(...) And when you put it on I put it on first thing in the morning and I am ready to face the day.(...) And I feel strong. Yeah when you go to go into your box and ask for a raise. Exactly. Yeah.(...) Well exactly. You know that that's just enough. It's just a good thing. That's just a mouth. It's their magical. Absolutely. I can't wait to try this. I'm glad I got a few people that get angry a lot. Or do we throw it out of it. No.(...) So what are you doing now. Are you working for anyone. What is a little bit about your work history. I'm working part time. I'm not really sure how that's going to go right now. I ideally I would love to have a piece of gold.

(...)

Take off and be a wonderful business. So that's your vision. It is piece of gold. I'd like to have a piece of gold foundation. If you know God willing to win three hundred and eighty million dollars tonight in the lottery then I will be employing a whole lot of people. I'm sure something like this is going to be fantastic. It's so needed in the community. I think so. Would you mind talking to the our viewers and telling them a little bit how to get a hold of you. Sure. They have some interest your name and. Again my name is Aaron Reynolds and my phone number is 7 3 0 7 3 8 1 4 7 3 9 8 1 0 4. Sorry about that. And I never call myself. So I don't know my number. And I am available. Right now I do one on ones and wherever people feel comfortable with meeting and talking coffee shops the park.

(...)

That's probably the best because then they're comfortable and feel safe. And I want people to feel safe. Yeah. Oh this is wonderful. Anything else you'd like to share with us before we have what maybe one

minute left.(...) I want to thank you. I want to thank you for all that you do for this wonderful television show. You bless so many people and a couple of years ago when I first saw you I thought I need to know this woman because she has a gift and she's changing lives. And I just want to thank you for that. Thank you. You are too.

(...)

Come back. We're going to do part two.(...) And you know I don't care what your bottom spin like and how far down you've gone you can come back up and we're here to support you in any way we come. I mean you got me emotional. Anyway we can.

(...)

So hang in there because your miracles on its way.

(...)

She got me.

(...)

I love you.

Episode 37:

(...) [Music]

(...)

Hello everyone, welcome to Time to Heal. My name is Pam Hemphill and I bring you the dark side of addiction and show a whole new light, I hope. You know, because a lot of shows, they're always talking about the terrible things about addiction and how bad it is. And that's so true, we don't want to discard that. But here we want to show and talk about the good things of recovery and the miracles that do happen for those of us that get the clean and sober. And today we're going to be talking about teenage drug abuse and alcoholism. And you know, I was thinking about bringing statistics and sharing with you how many are dying and about the spice drug that's out there that's killing people. But now, you know, you probably know more about it than I do. And you could go look up all that information. What's more important today I wanted to be able to do is have someone here personally sharing her own experience with this and how she's recovering from it. And so today I brought up Anna Grace and she's going to share a little bit about herself and how she's been able to stay sober now and clean for how long? Almost seven months. Seven months. Okay, so we're going to get started here and better.

(...)

Anna, first tell us, where were you born, Grace? I was born here in West Seattle.

(...)

I've always been raised here. I love traveling in my family bus so we're not much out of the United States, but we'll go around. I have family who live all over so go visit them. Can you tell us what did you first start drinking and using for? Or what was your drug or choice of all of drugs? My drug or choice was anything I could get my hands on. Anything just to kind of go numb or not feel, I guess. How old were you? I was 11. How did you find the drug you were about to find? My dad was a big user and so I always, he'd always go up here and go up to try it and so I'd always go okay.

(...)

And that was kind of my first look after take one and I kind of feel like just get a little leafy and then I'd always go back until I got sick.(...) You know the norm, you always hear about how the parents can't shoot a child and they get in trouble with your stories the opposite. What was he using? What kind of drugs were you offering him?(...) Mostly alcohol, but he was on a bunch of other stuff and he would use around us, me and my little sister and my little brothers.

(...)

How do you feel about that now when you're your dad?

(...)

I used to hold it against him a lot. How he'd never have time for me or my little sister and how much it hurt because I wanted the daddy in my life. And he was too short out and when I started using and I kind of

found out what it was like I guess being under controlled drugs and alcohol and feeling like that was the most important thing. Not having time for my family and seeing how much it actually hurt them.

(...)

What about your mother that you were afraid of?

(...)

About my dad using or giving you drugs or did she give you any drugs? No, my mother never has but she didn't find out until I told her I guess. Were they living together? Yes, at the time yeah. Was she upset at him for his using or drinking?

(...)

She didn't know about it. My dad was very good at hiding it.

(...)

But he was on meth a lot of the times but my mom didn't find out until it kind of got to the end where she had told him he needed to leave and get her straightened up and get that stuff away from his children.

(...)

So once you found out that she had a relationship. Yes. What was your reaction when you told her that he was getting new drugs? She was hurt. She cried definitely. She asked me how I felt about it and how it affected me.

(...)

But it was in a patch that couldn't change it so she knew it wasn't something to mourn over.

(...)

Were there other places you were able to get off on drugs or besides your father? At that age or?

(...)

No. No, just through your father. And then what happened later?

(...)

When I entered sixth grade, it was a summer sixth grade. That's when I first got off of Pills and marijuana and some other harder stuff I guess you could say.

(...)

And I was a fearless child so I was like, "Yeah, let's do it." And it kind of took off from there. From school? School for engineering. School summer. I had never hung out with people my age. I was always hanging out with older kids who more experienced.

(...)

Yeah, and so they would always try to get me high, get me drunk and they know how old you were.

(...)

I didn't look my age and didn't act my age even though you're 13, right? Yes.

(...)

Do you think that's from maybe having a lot of stress in your life?

(...)

I feel like it's just from being through a lot. I've experienced a lot in my short life. So it's caused me to see the world more as if actually it's not a sugarcoated version.

(...)

Do you mind sharing more about what happened to you, what you started doing for yourself?

(...)

After I started using, I went into a great depression and I started harming myself.

(...)

How did you harm yourself? I would cut my wrists and my thighs and my stomach and on my ankles.

(...)

So they call that cutting? Mm-hmm. They call it... I would burn on my pressure points with cigarette cherries and lighters, matches. Do you know what you were trying to do?

(...)

I was trying to be in control.(...) I mean, I was getting bullied a lot and I thought if people were causing me this much pain, why couldn't I be in control of it and do it to myself?

(...)

So after a while of that, my mom had found out and she...

(...)

We had gotten me set up with counselors and I actually went away for only a couple weeks my first time.

(...)

It was a treatment facility and it helped, but only for a short time. I didn't feel like I had that support that I needed to quit using and quit harming myself.

(...)

But I had come back from my first one and I had counselors meeting almost every other day with me. And that helped a lot. It created a lot of stress, but it was definitely something I needed.

(...)

After that, I started...(...) I felt like I didn't need my mom as much as I did. And so I would go out and I'd leave for a while.(...) And I was always with older kids,(...) so they always had more substances and ways to experiment with them, I guess.

(...)

And that definitely took a toll on me. I have a very addictive personality, so it definitely was something I liked the rush of it.(...) Did you ever experience any blackouts when you were a kid?(...) Do you know what blackouts are? Yes, I do. There was one time I was at a pond where a lot of teenagers like to hang out.

(...)

And it was actually one of my first times being out super late and not knowing what was going on and just taking everything that had been offered to me.(...) And I woke up at... Luckily it was a friend's house who knew what was going on. And she said I was safe that night, but I didn't know what had happened. I didn't remember anything. I didn't remember where I was.

(...)

She said I could barely remember my own name. You must have been drinking for quite a bit.

(...)

Do you know why people cut dough while they eat it?

(...)

I feel like it's more an adrenaline rush. They release a pain, I guess. So you don't have to feel emotional pain? Yeah, exactly. It's more getting rid of the emotional pain with physical pain. Yeah. Did it work?

(...)

It worked for me, but it only ended up causing me problems in the long run. And it did become a very addictive thing.(...) It was definitely hard to overcome.

(...)

What's the addiction to it that I've explained so people don't understand you? It was more just like something goes wrong or you feel such deep pain. You want to inflict it upon yourself. And it's always there. The eraser becomes your best friend, the blade is just so you know there's somewhere you can go to get rid of that pain. What about the laundry? Did that work? It did, definitely. I was always...(...) Would you do both cut and use nurses? Wouldn't like one thing work better than another? I would mostly use it when I was coming down from whatever I was on. I'd get really depressed. I'd get suicidal.(...) And I have been a couple times where I did actually try to go as far as taking my own life.

(...)

But it's definitely really interesting. I know the feeling I wanted to do that all my life, suicide.

(...)

I was 13, locked up in juvenile hall at your age. And I admitted that I started using drugs and alcohol. I overdosed on 20 tabs of Boy and Sunshine as LSD.(...) My whole teenage life was just juvenile hall, runaway, suicide, drugs.

(...)

I really know what you were feeling and going through, but I had to discover later what that really was. Now, do you want to share what you discovered, why all this really was going on? What had happened to you? It was a lot of pain for when I was younger that I had kept inside and talked to anybody about. And a secret. Exactly. I had many secrets. I was sexually abused when I was younger.

(...)

And I didn't know any better. It was something I hadn't been taught. And so I just kind of let it happen.

(...)

And I didn't tell my mother until I didn't tell anybody until my 13th birthday.

(...)

How do we take it on that it's our fault?(...) Don't you feel like you knew my telling buddy because that was your fault? I felt like I'd get in trouble for it. Leah did something wrong. I could have done something to put everybody in.

(...)

How were you five?

(...)

What could have been done at five years old? Did he say anything like if you do tell him?

(...)

Yeah, he was a neighbor kid, I guess, he could say. Also, he was a kid, a teenager? He was a lot older than I was. Almost right. So a teenager married.

(...)

And he did safe things. And I was a scared kid. I didn't want to tell my dad. I thought my dad would live.

(...)

And I didn't want to tell my mom because I was afraid of what she would do. I was afraid she'd be hurt and think it was my fault as well.(...) So I ended up keeping that a secret and would use the drugs to release the painless pills.(...) But you know now it's not going to do with you. What of your fault? No,(...) I realized I couldn't do anything to prevent it. It happens to a lot of people. Yeah.

(...)

Thousands of us.

(...)

Exactly.

(...)

You can't always do something to prevent it.

(...)

But where do we get that? Do you see that it would be Good Willed Honey?

(...)

And it's a little part of the movie when he keeps pushing it and it's not your fault.(...) Where do we get that from? But somehow we created this. It's them.

(...)

Just like thinking it's your fault or... Yeah.

(...)

For me, I guess it's different for everybody. But for me it was just thinking I could have done something to prevent it.

(...)

I couldn't do anything.(...) I was a little... I felt like I had... I felt more grown up than I actually was.

(...)

But you couldn't.

(...)

And we carried that into her later years too and that's how we end up being fixtures for everybody. It's our fault. We can fix it. It's identity of people. Please, you're sure my friend is. I can't say no. Did you find any of that start happening? Because it's all your fault. The reason your dad is drinking music red is your fault too, right? Was it?

(...)

It was? I feel like it was. I know he was already very far in his addiction when I was born.

(...)

And didn't know until I was a little bit older.

(...)

And to this day I still feel like, is there something I could have done to make him stop? Is there something I could have done to make him stay?

(...)

What would you have done?

(...)

I don't understand.

(...)

I know the feeling.

(...)

I really do. My father died from alcoholism.

(...)

But I was five years old.

(...)

That's why in the program of Al-Nun they teach us that we can't cure it. We can't control it and we didn't cause it. Those are common feelings that everyone that had either been raised with an alcoholic father or mother,

(...)

or a member of the spouse, that something that we can do can fix it. But it's just, try to remember, it's the same kind of thinking of, if somebody has diabetes, we're going to fix that?(...) Come on. It's impossible.(...) You can't change other people.(...) So you're going to keep that on the mirror. It's not my fault.

(...)

What are you doing now? You've been clean now home? Almost seven months. Wow. I'm so proud of you.

(...)

It's definitely taken a lot. It's taking... I went away to Pocatello, Idaho for almost four months, where I could have used if I wanted to. It was very easy to get drugs in the facility.

(...)

But I can definitely say it helped a lot and I learned a lot. I had a lot of time to focus on myself and my needs. I actually got to see that me on drugs wasn't me.(...) And you're doing what now? You go to meetings, got a sponsor, working steps?

(...)

My meetings and sponsors. Yeah, I have one.(...) You're telling people on your sponsor? Yeah, mine now.

(...)

So you're going to use it. They're going to come after me. It'd be my fault, right? No, I'm just kidding. You're not going to control somebody who drinks or uses it already. No. No, I got a magic wand, so I'm trying to fix you.(...) So you're talking to me, you have a sponsor, you work in the steps. I know that because we just finished up this step.

(...)

What else are you doing? You're going to counseling, too, right? Yes, I've been doing a lot of counseling. I've been working with people who haven't found support groups, I guess. A lot of my recovering friends who haven't found programs that work for them, so I've talked to them a lot about stuff and who actually had a lot of the same problems I did. So that's definitely been something. What about maybe talking to them and all of you start your own group?

(...)

It would be really awesome, actually. Yeah, a lot of kids might. I know, and I'll help you. We'll talk more about that. Because there's nothing like, if I had never cut myself or overdosed or felt so settled, when we got together and we supported each other, there was nothing like the power of that somebody else knows where I've been through.

(...)

Power of the?(...) Indeed?

(...)

Yeah.

(...)

So what would you, from here, where do you think you need to go from here? Well, I forgot to ask you, too, so you could share about your schooling. What are your dreams? I actually want to become an adolescent psychiatrist or drug and alcohol mental health counselor to work with kids my age who've gone through the same things, share my experiences.

(...)

Right now I'm currently doing an online program. How did you get involved in that? That's what you're showing me, right? Yes, it's a Johns Hopkins University, or program for the University of Baltimore, which I am just now starting to get comfortable with. And I'm still doing my regular core classes.

(...)

I've definitely, I've always been, I guess, a smart kid, but when I started using, my grades went down. But luckily I've been able to get them up almost 3.8 GPA. 3.8? Wow. Definitely. Yes.

(...)

I always love to be around you.

(...)

Good feelings could be scary, too, huh? Yes, definitely. Because it's like, "Something's going to happen. Come take this all away." But it's not.

(...)

Imagine what it would be like if you're home. We're using this, like, being happy, and I wonder how much better this would be if I were high. But in the long run, it's always not. Yeah, it is. Even with the taught me program, and it's a good tool to remember, think it all the way through. Okay, I get high, then what happens next, and then what happens next, and then what happens next? Because it's like our brain only goes so far. I just remember the good, but I forget about the night. Oh, I forgot what I did last night. I forgot about the jail and the cutting.(...) So think it all the way through. When I was in my most recent rehab facility, they had this triangle, and it reminded me. It was feelings, behaviors, and actions. Okay.(...)

And when you get too far in, it's a lot harder to get out, but it's a never ending. Oh, I love that. It definitely made me open my eyes. So how would you use that tool? Give us an example.

(...)

Um...

(...)

If I felt like using, I would say what I would identify what I'm feeling, or my emotions, what could possibly happen when I'm using or out of it, I guess you could say, and then my behaviors afterwards, if I would continue using or if I would get my contract.

(...)

It's definitely a scary thought. Yeah.

(...)

So, similar, we'll think it all the way through. What are you feeling?(...) And two,(...) besides me, do you have other members to call people? Oh, yes, I do. Okay. That's what's really important. To connect with different people, not just one person.(...) I remember though, Kale said, one person gets to really know you about it, so you can tell them all your secrets.

(...)

You've mentioned that you're having a problem struggling, being around people your own age. Is that getting any better?

(...)

Um...(...) Do you know what that's from?(...) Why you would have that? I'm not sure. I just feel like...(...) I've never gotten along with kids my age, unless they're like family or really close friends who I was raised with. I have a hard time opening up, I guess. I feel like they're all the best buds. I'm just over here, like the corner kid sits and stands in the corner, so full of events.(...) So, I'm just kind of like... I remember when I was an older kid, I felt like they were more accepting and had been through more, so they know what it's like.

(...)

Okay, so a little bit of self-worth and a little bit of communication.(...) Have you ever thought of going to adaptation or young people's meetings?

(...)

I've been talking to people about that, and I've been trying to figure out times I have a really busy schedule right now. But I've actually been looking into that, and I feel like it would be a good idea if you actually helped to connect with kids, you know, people closer to my age. Yeah. But, two, because you were 11 and right with your dad, and your dad was an older, so you get used to adult things. I'm very

young, bi and adult, so I could see where the two could be part of it. And then, as a little girl, you were with an adult that abused you, so part of you sometimes feel more comfortable, even though they're abusing you. Because, like you mentioned, those older ones, too, will get you into drugs.

(...)

I'm not going to do a counseling session here with you, but to see how you can,(...) you have so much to offer those your age, you know, what you've been through.

(...)

Oh, you're just a miracle. I am just so proud of you.

(...)

What a quick thing. I think how much time we have left. I wanted to ask you, do you know anything about this drug spice that's, we've buried this girl, she was 19 years old. She only used it once, and she died.(...) Is that still going around here a lot? It definitely is. I don't have much experience with spice, because the first time I was, I'm allergic to it. So, I was sent to the hospital, my throat was swelling. It had... I had a danger, so definitely it's a lot of unknown chemicals, and it's... is it still going around here? Oh, of course. We need more awareness on that. But,(...) as far as the drugs, though, that you see in this area, what is the most used year-age group?

(...)

Dextermethorphine? What is that? It's... Cough syrup?(...) Really? That was my drug choice, like, for the most recent. That was definitely one.

(...)

It's...

(...)

You could just get that in the grocery store. Yeah, so it's really easy to get... A lot of teenagers are using it? Yes. What about illegal drugs? A lot of marijuana. Marijuana, there's a lot of acid going around. A lot of it, really. I've kind of been out of the room for 35 years. A lot of acid, marijuana.(...) I've seen a lot of shrooms, which have definitely been not something I've seen often, so it's kind of weird seeing them more, but... You know what I want to do, because we're coming close to an end here, would you mind doing part two with this? There's a lot more questions I'd like to ask. I'd love to, next month. So we're going to come back and do part two, because what do we have left now, just a minute or two?

(...)

Anything before we end that you'd like to share with those of you who are age out there to give us some hope? It gets better.(...) If you really put your mind to it and have someone close that you can talk to, this too shall pass.

(...)

I don't want to thank you, too. This has been one of the biggest support I've had.

(...)

Aww, let me overcome all. Aww, I love you. I'm so proud of you, Amanda.(...) Aww. Aww. Thank you.

(...)

Okay, we're going to see you back, right?(...) We're going to do part two. Yes. And don't give up, because your hair goes on its way.

(...)

Whoa.(...) What'd you think? Thanks.

(...)

Amanda.

(...)

Wow, she's amazing, huh? That was great.

(...)

Yeah, you are. Sure.

(...)

Whoa. Whoa. Good time, huh?

(...)

You don't know how many people you've got today.

(...)

Yeah.

(...)

Aww. Oh, great.

(...)

Aww.

(...)

Do they do mom or dad?